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CLASSIC ROCK ISSUE

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SLASH

"I've Been
Pronounced
Dead A Dozen
Times"

**Marilyn
Manson**

"Johnny Depp
Has My Back"

#Noelspotting
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CHOOSE OUR
WORLD
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INTERVIEW

Irvine Welsh Vs

Noel Gallagher

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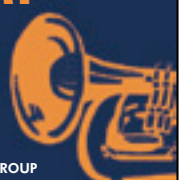
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JOHN NIVEN

Our best-selling columnist is the author of six novels and hailed as one of Britain's sharpest writers. His debut book *Kill Your Friends* was called 'the best British novel since *Trainspotting*'. It's now being made into a long-awaited film, with a screenplay by Niven. Nicholas Hoult is in the lead role of Steven Stelfox - a murderous A&R man who snorts, schemes and slaughters his way to the top, and his antics are based on the 10 hedonistic years Niven spent in the money trenches of the Nineties music industry.



HOWARD MARKS

The author, hedonist, reformed drugs smuggler and all-round nice guy is Loaded's new Agony Uncle. He is suffering from inoperable bowel cancer and feels it's high time to pass down his hard-won wisdom.



JULIE BURCHILL

"I write for Loaded for the only reasons I ever write - to make money and tell the truth. And because none of the women's magazines will ask me," says our Agony Aunt, who delivers a brutal female take on male problems.



ANDY PARSONS

He started his career as lead writer on *Spitting Image*. Ever since, critics have said we need more comics like him to take pot-shots at the politicians who pull the strings. This month he explains why political satire is alive and kicking.



PETER CROUCH

The big man gives the low-down on the secrets of life as a Premier League millionaire. He's delivered at every one of his clubs, become famed for his robot dance, is as good on a night out as he is on the pitch - and keeps Abbey Clancy happy.



TRACEY COX

She's helped improve orgasms all over the world by selling millions of erotic manuals and sharing the secrets of good sex on scores of TV shows. Now the 'sexpert' is your bedroom shrink. This issue she reveals how to cheat without any consequences.



MARTIN DEESON

Our Chief Feature Writer was Loaded's original Gonzo journalist, with the magazine when it launched. His nights out have included sneezing cocaine over the Osbournes and getting jailed after partying with our Agony Uncle Howard Marks.



DONAL MACINTYRE

Responsible for the convictions of Britain's most vicious football hooligans, Loaded's Investigations Editor has suffered beatings for his investigative reporting and once had a £50,000 bounty put on his head.

ALSO IN THIS ISSUE CHEF SCOTT HALLSWORTH'S NEW FOOD & DRINK COLUMN PLUS ANDY McNAB'S EXTREME TRAVEL GUIDE

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SJM CONCERTS & DF BY ARRANGEMENT WITH 13 ARTISTS PRESENTS



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Watching him stir tea in a china cup made it easy to yearn for the days he'd take journalists on 24-hour benders before sending them packing, their brains pickled by Jack Daniel's and anecdotes about smack, guns and groupies.

I first interviewed Slash in 2012 at a modest hotel room in London where he was based while gigging in the UK.

Sitting cross-legged in an armchair, all the trademarks were there.

Battered hat on an explosion of curls, mirrored Ray-Ban's, weathered face, tats and leather trousers – all check.

A harem of models? A Marlboro Red hanging from his lips? Empty fag packets, heroin needles and bourbon bottles scattered around the floor like a Tracey Emin installation? No chance.

The room was excruciatingly tidy and all Slash ordered from room service was iced water (with lemon) and a pot of Earl Grey.

But there was a reason for the change.

For starters, the now teetotal non-smoker has a ticking memento from his Guns N' Roses days buried in his chest – he had to have a pacemaker fitted aged 35 because his heart was swollen to the point of exploding due to his 10-year habit of downing a gallon of vodka a day.

As he sipped his brew, he laid waste to claims anyone had ever out-partied him.

His neighbours in LA at the time included Russell Brand, Robbie Williams and Charlie Sheen – when the actor was at the peak of his winning, Tiger Blood-chugging, machete-waving phase.

"I've partied harder than them all," Slash told me, before shrugging off Brand and Williams' drug-imbibing as the stuff of "amateurs".

And he reckoned Sheen's antics were "just a bit of fun".

"For me it was about complete self-destruction," he added. "For Charlie it was a bit lighter."

He wasn't boasting.

Slash's heroin, cocaine and booze addictions got so deep he became convinced tiny demons resembling Predator-style aliens were clambering over his skin.

The top-hatted virtuoso also had a sex addiction so extravagant he became petrified in the late-Eighties he had Aids.

And he once got so wasted he took a gun and blasted holes in the ceiling of his mansion while one of his lovers was sleeping upstairs.

But he said he hasn't got a single regret about his high-life.

In this issue – three years on from that chat – Slash mourns the fact Guns N' Roses would never have made it in today's barren musical landscape, and says he's eternally grateful he was around in the '80s when the music business allowed him to sate his appetite for sex, booze and self-destruction.

The fact rock 'n' roll may finally be dead also seems to be an opinion shared by our cover star, Noel Gallagher.

You get double your money's worth from the Manchester icon in this edition.

He's interviewed twice for this issue – once by Loaded Deputy Editor Lia Nicholls, and again by another former beacon of hedonism, Irvine Welsh.

Noel delivers two classic rants about the state of the nation, stalkers, terrorism, Twitter and men who let themselves be dressed by their wives.

But the High Flying Bird also got into a contemplative mood.

The man who used to dust his Cornflakes with cocaine says he's been keeping fitter than ever after he was diagnosed with an illness he says a doctor told him was potentially fatal.

And he reveals his preferred epitaph would read, 'Here lies Noel Gallagher. He had it more than you.'

But who's having it now?

Unfortunately, as John Niven says this month in his column, 'The music charts are full of faceless middle-class toe-rags and every single cinema screen is either showing some comic book hero's PG13 adventure of a bunch of Hobbits cunting about.'

Aaron Tinney, Editor

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BEST-SELLING COLUMNIST

John Niven



How TV Killed Our Movie Stars

I spent most of last month in LA, taking meetings, working on my backswing and escaping the last of the bastard winter. Let me tell you, if there's one thing you hear constantly from your agent out in LA these days it's the mantra, "Got any TV ideas? Got any TV ideas? Got any TV ideas?"

Man, how things have changed.

"The music charts are full of faceless middle-class toe-rags and every single cinema screen is showing some comic book hero's PG13 adventure or a bunch of fking Hobbits c**ting about"**

There's a famous story that when Michael O'Donoghue returned to be head writer on Saturday Night Live in the early Eighties he asked the staff, "You know what the show lacks?", before he proceeded to spray paint the word 'DANGER' across the office wall.

Indeed, the saying in the Seventies used to go, "Music is life, film is king, TV is furniture."

It's pretty much been completely reversed since the year 2000: now the music charts are full of faceless middle-class toe-rags and every single cinema screen is either showing some comic book hero's PG13 adventure or a bunch of fucking Hobbits cunting about. TV, meanwhile, is where all that 'DANGER' lies.

Since HBO broke the mould at the end of the last decade there's been an unprecedented slew of brilliant drama and comedy, with one genius show after another. What HBO did was fascinating.

For the first time in TV history someone realised the power having no advertisers gave them.

HBO is subscription-driven. Their single business need is for someone who moves into a new home to want to get cable so

they can get HBO. And why would they want HBO? Because it's the only place they can see their favourite shows.

Netflix has since picked up on exactly this model with House Of Cards and, more recently, the Breaking Bad follow-up Better Call Saul.

Traditionally, advertising has been responsible for kneecapping American TV. "You can't say this because of the advertisers, you can't show that," network bosses would once have said.

HBO didn't care – they just wanted to make a cool show the much-coveted twenty to thirty-something demographic wouldn't want to miss.

That was it – that was the business model. So, enter Tony Soprano. Shortly followed by all of his buddies: McNulty and Stringer Bell from The Wire, Don Draper in Mad Men, Walter White and Jesse Pinkman in Breaking Bad and the entire demented cast of Game Of Thrones.

Brett Martin recounts an illuminating tale in his (brilliant) book on the American TV revolution, Difficult Men.

The story goes that after cable channel FX made the hardboiled cop show The Shield they showed it to their advertisers.

The reaction was horror and disgust: "You can't show that!", "There's too much swearing", "The guy's not sympathetic enough!" – all the usual stuff you used to



DON, BUT NOT FORGOTTEN
HBO started a TV revolution with *The Sopranos*.

hear. "Let me ask you this," the show's producer said. "If you guys could get an advertising slot on the Sopranos right now would you take it?" (The Sopranos was then at the height of its power.)

Every advertiser nodded yes.

He added, "Well, this is the same kind of show. It's not for you to like. Trust us."

TV was a medium born in the 1950s. It seems incredible to think it took nearly five decades for someone to realise, "Hey, maybe things would be creatively more exciting if we took these scumbags out of the loop whose only concern is pushing automobiles, fizzy drinks and snacks down the neck of middle America."

Funnily enough you do still get notes in movie meetings along the lines of, 'That's too much', 'We can't show that', 'Tone down the language' and so on.

Nowadays I always think to myself, 'Really? This is too much? After we've seen Janice Soprano bugging Ralphie with a dildo? After we've seen Walter White watching Jesse's girlfriend die while Jesse sleeps beside her and we've seen basically anything that moves get viciously taken from behind in *Game Of Thrones*? After we've seen an actual human log hit Will in the face in *The Inbetweeners*? After all that you still think that audiences can't handle, well, pretty much anything?"

"We've seen Janice Soprano bugging Ralphie with a dildo, Walter White watching Jesse's girlfriend die while Jesse sleeps beside her and we've seen basically anything that moves get viciously taken from behind in *Game Of Thrones*"

There's another reason writers are flocking to TV out in LA: control.

As we all know, film is almost totally a director's medium.

You're often fired from a project and replaced before you even know about your firing because of the director's tastes.

As a writer, the first time you see a film you've worked on may well be when you fork over your own hard cash to go and see it in the cinema.

In TV, however, the writer is God.

They run the show and are in there from first draft to final cut.

There's one more incentive – the folding kind.

Some of the writers on enormous

hit movies are still being told by the studios the movie has actually failed to turn a profit. (Studio accounting practices are legendary for making the kind of money laundering you see in *Casino* look perfectly straightforward and legal.)

But a successful TV show will actually pay you well for one simple reason – they need you to write another series.

And another one, and another one...

It seems a generation of writers are finally waking up to another old Hollywood aphorism: "A hit movie gets you a good table at Morton's."

"But a hit TV show gets you a beach house in Malibu." **10**

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WORDS Bobby Friedman

WHY ARE WE NOT IN THE THICK OF IT?

Politicians may be a laughing stock, but where is the new generation of satirists to take advantage of their omnishambles?

It's a matter of weeks until the General Election but the state of British political comedy is – as Malcolm Tucker would put it – a “fucking omnishambles”.

You might think after five years of being governed by a Prime Minister from Eton, and having an opposition leader who looks like a plasticine dog but with less charisma there would be plenty of material for satirists to get their teeth into.

And that's before you even come to the issue called Nigel Farage.

Plebgate, Chris Huhne's run-in with a speed camera (and his wife), Godfrey Bloom calling everyone sluts and hitting a TV reporter on the head – it's all comedy gold. But pick up a TV guide and half-an-hour of biting satire is rare.

Comedy is booming, but when you turn on the telly, almost none of it takes aim at politicians. It's as if satirical shows have fallen victim to the latest round of coalition cuts.

There are a few notable exceptions, such

as BBC3's *The Revolution Will Be Televised* and Charlie Brooker's *Newswipe*, but in the main the closest you get is a panel show or two – and they are about as anti-establishment as sharing a jug of Pimm's with Tim Henman.

These are lean times for comedians who specialise in politics.

Take the impressionist Rory Bremner, who's become comedy's David Davis: unable to get a job under David Cameron.

Bremner was barely off our screens for two decades, but it took him nearly five years after the 2010 election to get his next comedy commission.

In the meantime, he did a dead-on impersonation of an out-of-work presenter by appearing on *Strictly Come Dancing*. His return in a recent coalition special was welcome, but a one-off.

It's telling the most famous British political comedian is John Oliver – he

made it big by presenting a show in America, not the UK. Oliver now has his own slot on HBO, having found fame in the satire game alongside Jon Stewart of *The Daily Show*. It wasn't that Oliver had cracked the UK and then tried his luck over the pond. He was doing about as well as he could have hoped in Britain, but he still wasn't a household name.

Now he's being offered presenting contracts worth tens of millions of dollars.

Just as talented, if a little less loaded, is Andy Zaltzman, a political comedian who's worked with Oliver for years. The two of them still present a comedy podcast, *The Bugle*, which has around half a million downloads a month – but there's been little interest from TV commissioners in their output.

“It's a matter of opportunity that John Oliver broke America more than the UK,” Zaltzman told me. “There wasn't an equivalent that could have opened up for him in Britain like *The Daily Show*.”

It leaves us with the ridiculous situation

THE BEST OF BRITISH CHOICE LINES FROM THE UK'S FINEST POLITICAL SATIRES



MALCOLM TUCKER
THE THICK OF IT
“Today, you have laid your first big fat egg of solid fuck. You took the data

loss media strategy and you ate it with a lump of E.coli and then you sprayed it out of your arse at 300 miles per hour.”



JIM HACKER
YES, PRIME MINISTER
“The Mirror is read by people who think they run the country. The Times

is read by people who do run the country. And Sun readers don't care who runs the country as long as she's got big tits.”



MARGARET THATCHER
AS FEATURED ON SPITTING IMAGE
“Geoffrey (Howe) You're a complete imbecile. We can't

just have a quick war just to win votes. Though, now that you mention it, look into it, will you?”



MP SIMON FOSTER
IN THE LOOP
“America is a superpower because everyone who comes here to

negotiate is out of their minds with jet-lag. If somebody offered me a pillow now, I'd happily give them Gibraltar.”

POLITRICKS

BY TONY HUSBAND



“PANEL SHOWS ARE ABOUT AS ESTABLISHMENT AS SHARING A JUG OF PIMM’S WITH TIM HENMAN”

where Oliver rips the piss out of British politics on an American network – and gets huge ratings – but there’s nobody doing it on the BBC.

A recent clip of his talking about the Scottish independence vote (“If they lose the pound, they’ll have to join the euro, or Scotland’s old currency – sheep and threats,” he joked) has been watched five million times on YouTube.

And when Labour tried to reach out to women voters by sending Harriet Harman round the country in a pink bus, it was Oliver again who struck the comedy blows.

The clip from his show where he tackles that political stunt is already at one million views and counting.

So why is it Americans want the kind of intelligent and funny satirical programming that doesn’t work in the UK?

Zaltzman says, “Their politics is slightly higher-pitched than British politics. The lines are more clearly demarcated between Republicans and Democrats and a lot of their political comedy deals with the news media, and we don’t have quite such a strident version of that.”

The landscape in Britain has not always been so barren.

In the last few years, it seems satire in this country has been dying on its arse.

What a far cry from the Eighties, when political comedy was big business.

At its peak, 15 million people a week watched the puppets on *Spitting Image* stick two strings up at those in power.

To put that into context, its viewing figures were comfortably more than

X Factor’s final pulls in these days.

More recently, shows such as *Brass Eye* managed to destroy the credibility of MPs and journalists in the course of one ridiculous interview. And in 1997, the *Saturday Night Armistice* team broadcast a live, side-splitting three-hour special on election night.

Fast-forward to 2015 and it’s as if the election has not even registered on the comedy gagometer.

That became obvious when I spoke to one of the best writers behind *Spitting Image*, John O’Farrell.

He’s had a hand in some of Britain’s best political comedy over the last 25 years, and even stood for Parliament as a Labour candidate – losing twice.

As we chatted, it became obvious he doesn’t hold out much hope for a renaissance in British satire.

Part of the problem, he said, is that UK politicians come across so badly there’s not much left for the satirist to do.

“The idea of knocking politicians off their perch is a bit like shooting fish in a barrel now,” he added. “At the time of *Spitting Image* there was still a fair bit of respect and deference. To suggest politicians were a bit useless or self-obsessed was a funny or risky thing to say. Thirty years on, since the expenses scandal, public perceptions of politicians have changed and it’s not very shocking to say MPs are not all that wonderful.”

That’s why O’Farrell thinks the biggest satirical hits of recent years such as *The Thick Of It* have focused on the people who are largely unknown to the public.

What has made matters harder for satirical programmes is the time it takes to make a radio or television programme – and that really matters with ever-more immediate technology.

“You can react so much more quickly on the Internet and you are not beholden to a channel or your bosses saying you can’t put something out,” O’Farrell added.

When Nick Clegg apologised for raising tuition fees, his video saying “I’m sorry” was made into an auto-tune remix on the web within hours.

British dance and comedy duo *Cassetteboy* spliced together different parts of David Cameron’s 2014 Tory party conference speech to make it seem as if he was rapping along to Eminem. It was maybe more effective than any piece of satire we’ve seen on TV in the last five years.

O’Farrell says satire may have a resurgence if we can find the right person to present it.

“People would love someone funny to come on after *Newsnight* rather than listening to bloody Andrew Neil,” he says.

“But you’d need to have a massive team of writers and a lot of money to do it.”

Maybe. Until then we’ll have to make do with photos of Ed Miliband eating a bacon sandwich turned into ‘hilarious’ memes.

These days, some things are funny left just as they are. 10



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EXCLUSIVE COLUMNIST

NO STRINGS ATTACHED

Andy Parsons



Spitting Image-style satire's not dead – politicians parody themselves these days.

If you are a piss-poor provincial journalist with an imagination deficit, these are the questions you ask stand-ups: “Is comedy the new rock ‘n’ roll?”, “Are women funny?” or, “Can you tell us a joke we can then slightly misprint for free?”

You can add to that, “How come there is no satire any more like Spitting Image?”

This question is likely to be cropping up more and more, as an ITV puppet show

in-depth satire, but satire has often been a blunt-edged rapier. When I joined Spitting Image I was told by the producer the standard sketch was three quick jokes followed by the puppets hitting each other as a punchline.

If you started a bit with puppets hitting each other, then you just got them to hit each other even harder for the ending.

So did Spitting Image really have an effect on politics? John Major and former

it. But would a Prime Minister get away with being two hours late for their own party’s event and blaming immigrants on the M4 for the delay (like Farage did) or getting kicked out of, say, No10 Downing Street by his wife for lying about an affair by calling it “an inverted pyramid of piffle” (Johnson)?

How do you take on such slippery customers? Well, Al Murray is about to stand against Farage because he thinks the UKIP leader has nicked his Pub Landlord act. Certainly the UKIP 2010 manifesto (which includes a dress code for taxi drivers and a motion to keep the Circle line circular) seemed more comedy than... comedy. The challenge for Murray will be to send up Farage more funnily than Farage has already parodied himself.

I think and hope Murray will succeed, because the best way to combat UKIP is by tackling them on the ground. Endlessly retweeting UKIP gaffes (sample: “There are hundreds and thousands of bigots in the UK – and they deserve representation”) only adds fuel to their fire.

Campaigning is the way forward for change. Gandhi is famous for passive resistance – not because he had a couple of wicked one-liners about King George VI.

Aristophanes, the very first satirist, spent a lot of his plays having a go at a bloke called Cleon, but it wasn’t the plays that brought down Cleon – it was an army.

Ultimately, Boris Johnson needs to be beaten on his policies and not just dismissed as a “greased albino piglet”. ¹⁰

“Al Murray is about to stand against Nigel Farage because he thinks the UKIP leader has nicked his Pub Landlord act”

is set to make an appearance before this year’s General Election.

My guess is it will struggle because people’s memory is as accurate as that of an American TV news anchor who reckons his plane was shot down in Iraq.

People remember the great Spitting Image sketches but there were plenty not worth re-watching today and some that weren’t worth re-watching the day after they originally went out.

I should know – I wrote a lot of them.

The idea there is no satire today is patently bollocks. It is everywhere. The Internet is full of it. With camera phones and Twitter and Facebook, it has never been harder to be a politician.

You can’t even say to a taxi-driver, “Get an education, you sweaty little shit” without the webosphere reacting in one-liners, cartoons, blogs and sketches.

It may be true there isn’t much

Liberal party leader David Steel thought it did – and that’s also true of some of the shows today.

The Thick Of It has given us the phrase ‘omnishambles’ and Tina Fey on Saturday Night Live dented Republican Sarah Palin’s chances by merely repeating exact lines from her speeches. If a politician like Palin says, “The man can only ride ya’ when your back is bent” there’s only so much work parody needs to do.

There’s the feeling politicians are now so laughable they are beyond satire – but the issues (Syria, Ukraine, austerity, bank fraud etc) are certainly not laughable.

And if you believe politicians are all the same you must be wearing a blindfold.

The reason Boris Johnson and Nigel Farage stand out is not because all other politicians are the same – it is more that both of them court a certain amount of controversy and look like they are enjoying

Andy Parsons will be touring his Live And Unleashed – But Naturally Cautious show across the UK this year.



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INTERVIEW

THE WORLD ACCORDING TO KATHERINE RYAN

WORDS John Earls

What do you get when you cross an ex-Hooters waitress with a drive to prove smart, pretty and funny can co-exist in one perfect package? Canadian comic Katherine Ryan.

The last time I cried was watching a group of dancers at a 1920s theme night. They were aged 18 to 25 and so cute. I felt maternally proud. I cry at all kinds of live performance now. I'm absolutely turning into my mother. I haven't been able to watch the Olympics dry-eyed since Athens 2004.

My first memory was weeing my pants in kindergarten. I hated the teacher and was too shy to ask if I could go to the loo. I waited as long as I could, but ultimately lost that battle. When it happened, I was at the sandbox with my boyfriend, Chris. He immediately saw what had happened and I felt humiliated. I said, 'Listen to me Chris, this isn't me. I'm not one of those kids who wets herself. I'm up against certain circumstances today...' but it was too late. By then, the teacher made me change into this emergency outfit that didn't fit. Everyone knew what the emergency outfit meant. It was hardly a solution, more of a Teenage Mutant Ninja Turtle-themed beacon that signalled to everyone that you'd wet yourself.

My worst day was giving birth to my daughter, Violet. She is hands down the best person I've ever known. But the day I had her was a fucking nightmare. I knew I was in advanced labour, but I didn't want to leave my bedroom. I suppose I acted like a cat, barricading myself in an environment that felt safe. The contractions hurt so much that I slipped in and out of consciousness and made deep noises like a cow. I threw up a lot too. I could hear her dad playing

video games, which made me so anxious because I needed the flat to be spotless for her arrival. I was sure I was going to die, but I thought they'd maybe save the baby, so having the house clean would be an admirable final sacrifice. The noises presumably got more intense because her dad, who had dutifully left me alone up until this point, coaxed me into a cab. We made it to the wrong entrance of the hospital and Violet was born minutes later. The midwife handed her to me and I cried, 'Oh no. This baby has no mother!' They're like, 'Um, you are her mother...', and we went from there.

My best day was also the day I gave birth. I've grown to love tough days. Without going to the end of pain with childbirth, I wouldn't be living the fairytale that I'm in now. My life is awesome.

My biggest regret involves moving from Canada eight years ago. I wish I'd hit my parents up to help me buy property in London when I came here.

My biggest turn on is funny guys. But my friends would say what turns me on are the kind of guys blind dogs bark at.

My biggest turn off is marathon runners. I tried to like this guy who was good looking and who seemed really nice, but I just couldn't get there. He ran a lot of marathons, which really wound me up. I donate to charities because I want to. Run if you want to run, but don't ask for money. I hate that. Those people never even win.

"MY BIGGEST TURN OFF IS MARATHON RUNNERS. I TRIED TO LIKE THIS GUY WHO WAS GOOD LOOKING BUT HE RAN MARATHONS. RUN IF YOU WANT TO RUN, BUT DON'T ASK FOR MONEY"

Katherine, In Fact

WHO?

Born in Canada in 1983, the eldest of three sisters, Ryan says she was bullied at school "for being weird" and spent her summers in Ireland with her Irish father after her parents divorced when she was 15.

WHEN?

Ryan hosted a Canadian reality TV show, *First Dates*, when she was just 18. She gave up TV to study city planning at university while working as a waitress at restaurant chain Hooters. Ryan began doing amateur stand-up comedy try-outs, before being persuaded to move to London by her then-boyfriend.

WHERE?

Once in the UK, Ryan was a runner-up in a national amateur stand-up contest, graduating to TV shows such as *Mock The Week* and *8 Out Of 10 Cats*, and she had her own comedy shows at Edinburgh. Ryan's daughter Violet was born five years ago, but she split from the father soon after. Ryan says she's a typical British single mum: "A young, uneducated immigrant."

WHY SHOULD WE CARE?

Ryan is smart enough to keep it light on TV shows. But her own stand-up is far darker and includes routines about her abortion and an ex-boyfriend getting naked selfies from another woman. As well as appearing in the sitcoms *Episodes*, *Campus* and *Badults*, Ryan finished fourth in 2013's *Let's Dance for Comic Relief* after shimmying to Nicki Minaj's *Starships*.

WHAT NOW?

Ryan's most hardcore tour yet, *Glam Role Model*, starts on April 28th. Don't go expecting the frothy woman off the telly, though she'll doubtless be on *QI* and *Never Mind The Buzzcocks* again soon.

MOST LIKELY TO SAY

"I love Beyoncé." She is obsessed by celebs including Kim Kardashian and Rihanna, Ryan often jokes about her crush on Beyoncé - and does a surprisingly mean impression of the singer's booty-shake. "I'd love to have the confidence in my sexuality that Beyoncé does," says Ryan. "She's sexy on her own terms."

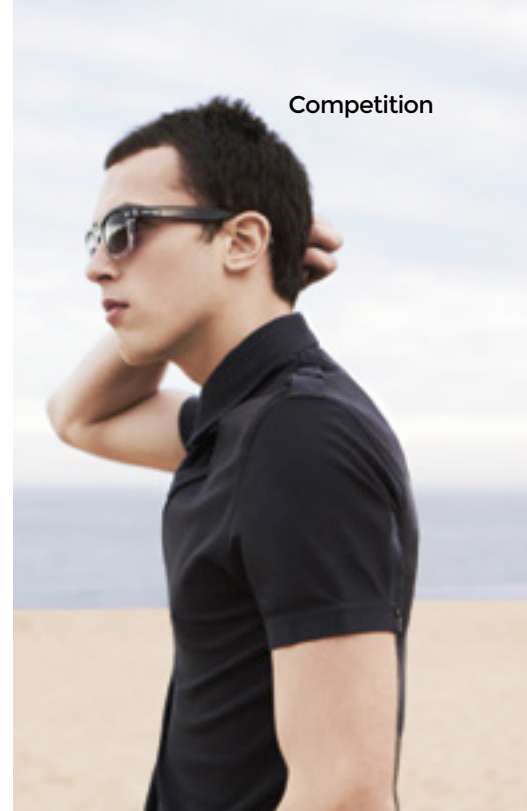
LEAST LIKELY TO SAY

"Beyoncé? All she does is shake her ass."



Exclusive





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HEDONIST'S HANDBOOK

COMPILED BY
John Earls

BOOZE & BARS

Drink With Prides

Glasgow rockers
on why the city is
No1 for a tear-up.

There are hardcore places to drink. And then there's Glasgow. To anyone from outside the city, even fellow Scots, Glasgow's image mainly consists of the world's biggest drinkers getting mashed in the world's scariest boozers.

The mere mention of Glasgow's main drinking dens on Sauchiehall Street makes even hardened drinkers wince at the prospect of a good tear-up.

But is the city's menacing rep really deserved? Or are Glasgow pubs now full of craft beers and 15 brands of gin?

Rising Glasgow rockers Prides have been making waves with their Killers-style anthems – even though singer Stewart Brock is a Sassenach, having moved to Glasgow from Stoke-on-Trent eight years

ago. From his outsiders' perspective, Brock reckons Glasgow isn't for the faint-hearted.

"Drinking in Glasgow can seem pretty mental at first," admits Brock. "Nobody else in the world celebrates the idea of a good drink like Glaswegians."

Brock has kept his Stoke accent, but insists the idea of Glasgow drinkers not taking kindly to the English is a myth.

"I've never seen anyone from England get in any physical grief for being English," he says.

"That said, there's a fair chance you'll have the piss taken out of you all night."

While most of Britain has seen traditional pubs devastated by the recession, Glasgow has survived unscathed. "There are more pubs per mile than anywhere else I can think of," Brock adds.

"I cannot think of anywhere that's closed down." Outsiders are still best served by steering clear of Sauchiehall Street though.

"It's a brilliant place for a drink," Brock reckons. "You certainly won't go thirsty. It's not at all nasty or violent, but the vibe of being on a mission to have a proper drink is incredibly intense in Sauchiehall Street. West End Street is only one street away, and most people are

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GLASGOW'S TOP FIVE BOOZERS



01 BREWDOG

It's starting to get established as the most successful chain pub for craft beer – and it started in Scotland. Brewdog is brewed on the Orkney Islands, and its Glasgow branch has been thriving for seven years.

02 BLOC+

A hip bar that's virtually impossible to find unless you know what you're looking for. Once inside, (it's on Bath Street), it has a wide range of cocktails and some of the city's best street cooking, including a hot Balkan burger.

03 THE TIKI BAR AND KITSCH INN

As its name implies, don't come here looking for subtlety. The cocktails go straight for the jugular, especially the Zombie – allegedly containing 10 shots of rum and limited to two per customer.

04 MUNRO'S

A pub in Glasgow's West End, it has a huge range of craft beers on offer. It's one of the finest places to try and work your way through ales from all parts of Scotland, including Munro's own superb St Munro beer.

05 THE SPARKLE HORSE

Another West End pub that's pretty much the archetype of the traditional boozier, down to locals often bringing their dogs in. The pub also lays claim to the city's most popular pub quiz.

probably better off going for a drink there – it's not like you're lacking for bars there either." Basically, while craft beers have made inroads in Glasgow, the drinking culture hasn't changed. "You're guaranteed a memorable night's drinking in Glasgow," says Brock.

"That will never change."

034
DRINK036
DRUGS038
CLUBS040
SEX042
FOOD044
TRAVEL046
WORK

The Gin Crowd

We marvel at the popularity of the grannies' choice.

If there's one trend in booze that seems really puzzling, it's the rise of gin. True, Oasis mentioned it in the, "Feeling supersonic, give me gin and tonic" verse of their debut single.

Otherwise, gin has for years been the preserve of grans nursing one with tonic at Christmas. Until now.

Five years ago, there were just five gin breweries in London. Now there are around 15, with dozens springing up across Britain. According to Fairfax Hall, founder of London gin makers Sipsmith, gin's versatility ties in with Britain's newfound love of organic food. "Even pub menus try to outdo each other for how local and responsibly-sourced their food is now," says Hall. "The gin micro-distilleries offer similar stories. Gin is incredibly versatile, so there's room for dozens of different variations, using

different herbs and berries. People like to know the story behind each gin."

Sipsmith began in 2009, with their distillery housed in a residential West London street, initially just making gin to a 200-year-old recipe.

Gin's rise has taken even them by surprise. "In hindsight, it looks as if we knew full well gin would explode," admits Hall. "As passionate as we are about gin, we had no idea it would become as mainstream as it is."

"Gin's rise has been led by indie distilleries who really know what they're doing, and you're seeing some drinks firms making their own gins just to cash in, trying to make a quick buck."

"They won't last, so the market might drop off slightly, but the quality gins will last. It's got the potential to be a timeless classic like whisky."

15

GIN BREWERIES
IN LONDON

GIN THE MOOD

THE FIVE TASTIEST GINS.

01 SIPSMITH VJOP
Drier than Jack Dee in the Sahara, this whacks up the juniper flavour for the hardcore gin nut. Just on the right side of being too intense, like a hot curry.
PERFECT WITH A champagne Martini.

02 AVIATION
Whisper it, but the rise of craft gins started in America. Made in Oregon, Aviation is a clear, neutral gin, and that makes it a great choice as a cocktail mixer.
PERFECT WITH Lemon and honey.

03 LIVERPOOL GIN
Anything London can do... Spreading outside the capital, Scousers are looking to dominate the gin market in the north of England. This gin's flavour lasts longer than Boyhood.
PERFECT WITH Anything citrus.

04 BEEFEATER
First brewed in 1863, there's a reason this hardy classic has lasted so long. The hints of orange balance out the other herbs, meaning it doesn't need much mixing.
PERFECT WITH Just add tonic.

05 BLOOM
Going easy on the juniper, Bloom has more perfume than Katie Price's wedding reception. But its lightness makes it perfect for the novice gin drinker.
PERFECT WITH Summer berries.

PUBBISH

BY FARMER HEALEY





DRUGS

High Tax Earner

Why legalising cannabis could be a pricey downer for smokers.

One of the main justifications for legalising cannabis by drug reform groups has been a predicted windfall from tax that governments could put to good use.

The HMRC rakes in around £15billion from taxing cigarettes, so think how much could be done for the economy if we could start getting high on our own legal supply. It's an argument that seemed to gain weight last month, when Colorado published its first annual figures from legalising cannabis.

A total of \$313million (£203.5million) was spent on recreational cannabis in the US state last year, leading to a tax windfall of \$44million (£28.5 million.)

Reports stated the figures were so high every adult in Colorado would be

entitled to a tax rebate of \$8.49 (£5.50.)

That's where the problems started. Local officials admitted they had predicted they would raise at least \$70million (£46million) from cannabis - and the rebate would have been

given to taxpayers regardless of the funds earned from legalising dope. Ironically, the reason for the shortfall appears to be that legalised cannabis costs so much - because of taxes - that many users still buy it from dealers.

Legal recreational cannabis is subject to four different types of tax in the

States, including a special tax introduced just for pot stores. It means legal cannabis is roughly 30 per cent more expensive than it was before it was legalised.

Colorado Fiscal Institute spokesman Tim Hoover said, "It's obviously a benefit that people can buy cannabis openly in stores. But the correlation is that it involves a lot of necessary taxes, and some people were unwilling to make that trade off."

Hoover added a lot of Colorado citizens also preferred to claim they were buying cannabis for medicinal reasons.

Medicinal cannabis accounted for just over half of all dope sales in the state, and is cheaper because it doesn't require the special cannabis sales tax.

"Medicinal cannabis is easier as well as cheaper to buy," Hoover adds. "It's like having a cannabis gold card." Despite the tax shortfall, legalisation has been deemed a success in Colorado. Murder has fallen by half, and overall crime has been reduced by 15 per cent. "It's important not to get too caught up by the tax debate," Hoover said. "What's at the heart of legalisation is a reform of criminal justice.

The crime figures speak for themselves."

Experts predict all 50 American states will legalise cannabis by 2020, and many major business names will sell dope by the end of the decade.

Troy Dayton of California research group ArcView said, "Legalising cannabis is now America's fastest growing business in America and it's hard to imagine a major businessman who isn't thinking of doing something with cannabis now."

CISTA ACT
New political party Cannabis Is Safer Than Alcohol (CISTA) hopes to field 100 candidates in the General Election. Its leader Paul Birch co-founded Bebo, which was sold for £423million in 2008.

110
NUMBER OF CHEMISTS SELLING RECREATIONAL CANNABIS IN COLORADO

"LEGAL CANNABIS IS 30% MORE EXPENSIVE THAN IT WAS BEFORE LEGALISATION"

034
DRINK036
DRUGS038
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SEX042
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WORK

Dead Dealers Walking

The government's war on drugs could lead to Brits being executed in Pakistan.

Whatever your thoughts on the war on drugs, there are probably few people who think all dealers should be executed.

Yet Pakistan's hardline stance on naughty substances means thousands of people are facing death for drugs offences. The British government's policy is to campaign for an end to the death penalty around the world. Yet it continues to fund Pakistan's anti-drugs campaign - even though six inmates on the country's death row for drugs offences are from the UK.

Pakistan has the world's biggest death row - with 8,000 prisoners - and it's a serious cause for concern. Anti-death row campaign group Reprieve told Loaded, "However laudable the aims

of fighting drugs are, it shouldn't lead to the deaths of British - or any other country's - citizens." Their spokeswoman pointed out the government cut funding for anti-drugs measures in Iran two years ago when it began executing drugs prisoners. She added, "Funding continued to Pakistan because, despite the size of its death row, there was a moratorium in place on actually executing prisoners. But Pakistan began executions again last

December, so it's of urgent concern as to why our anti-drugs funding is continuing."

Part of the problem is it's unclear which Government department wants to take responsibility for funding overseas drugs aid in the first place.

Home Office minister Lynne Featherstone has said her department

OUT OF YOUR GOGGLE BOX

Glasses which recreate a bad LSD trip have gone on sale as a teaching aid. The £85 LSD Goggles are aimed at dissuading secondary school pupils from dropping acid.

"HOWEVER LAUDABLE THE WAR ON DRUGS IS, IT SHOULDN'T LEAD TO THE DEATH OF BRITISH CITIZENS"
DEATH ROW CAMPAIGN CHARITY REPRIEVE

was in charge, but Reprieve say the Home Office has always passed their enquiries on to the Foreign Office. Indeed, only the Foreign Office commented on the story to Loaded, saying, "It remains our long-standing policy to oppose the death penalty in all circumstances as a matter of principle. The British Government is not aware of any case in Pakistan where a UK counter-narcotics cooperation has led to a death penalty sentence."

Nobody denies there is a drugs problem in Pakistan. It's been one of the world's main producers of heroin for over 30 years, exporting double the amount of smack as the US uses.

Does that mean Brits should be executed for getting caught in the middle of it?

Probably not...

NARCODICKS

BY FARMER HEALEY





CLUBS

Driving You Wild

Dance festivals make rock events look old hat, as Disclosure and Rudimental's Wild Life party proves.

Check out the line-up at traditional rock festivals, and chances are you'll be yawning at the familiarity of seeing the same old names on the bill: Kings Of Leon, Red Hot Chili Peppers and Foo Fighters... the usual suspects.

It's no wonder some major festivals have struggled to shift tickets this summer, and that V Festival has got Calvin Harris in as a headliner this year.

Because while rock has struggled to find new headliners to replace its old guard, dance music is flying.

Nowhere is that better demonstrated than best pals Disclosure and Rudimental organising their own Wild Life festival at Brighton Airport, which sold out instantly.

Gorgon City, the house duo whose album *Sirens* went Top 10 last winter, are featuring at Wild Life in June.

Gorgon City producer Matt Robson-Smith says, "Rock festivals are repeating and recycling the same formula for their line-ups. But those old rock bands just aren't that exciting to the younger generation, who want positive, happy music, which is where

dance festivals come in. That may be because of the recession. When people are worse off, they want escape, not the aggression of rock music. Dance is generally feel-good music, and festivals are perfect because you can rave all day and all night."

The boom in clubbers' festivals has been on the horizon for some time, according to Scott Williams, editor of specialist festival website eFestivals.

He said, "Since America got into dance music, it's led to a rise in the number of big dance festivals there. But the electronic dance music genre they're into tends to be DJs behind decks, which isn't as exciting as the live shows that Disclosure, Rudimental or Clean Bandit put on."

Robson-Smith admits Gorgon City have had to up their game to draw crowds in to see them at festivals.

"We feel like we have something to

prove," he added. "You have to put on a good show to prove it's worth seeing us instead of

whoever is on the other stage. We've spent a lot of time and money on our show."

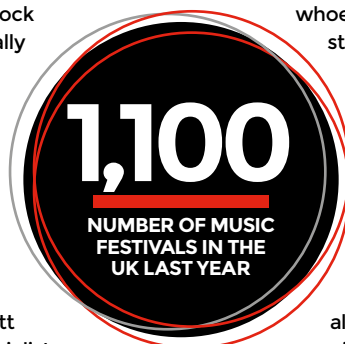
Although Wild Life features pop titans Sam Smith and George Ezra, it also includes house music names that

mean nothing to mainstream music fans, such as Bicep, Eats Everything and Breach.

"House always had underground heroes," says Robson-Smith. "To true house fans, Bicep are a big deal. They're perfect for a festival, because they've paid their dues and know how to rock a crowd. The community spirit in dance music helps."

With other new huge dance festivals starting up such as Ultra and Electric Daisy, old-school rock bills may be in trouble.

As Williams puts it, "Traditional indie bands are being replaced. The rolling collective of singers and dance acts who all guest on each other's records and can sing with each other at festivals also does them no harm. Unless the genre gets swamped, dance festivals are here to stay."



KEEP THE FAITH

It's not just old rock bands who reform. Faithless are back for their first show in four years at SW4 festival in July. Fatboy Slim and Eric Prydz are also part of the line-up at the event on Clapham Common.

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Take A Deep Breath...

New moves could see clubs check punters' booze levels before they're admitted.

And so the clampdown on anyone out for a good time rolls on. Following a suspiciously rapid rise in the number of clubs being shut down over drugs incidents, it now transpires clubs in London may be told to breathalyse customers before allowing them entry.

A pilot scheme is being set to stop anyone who is more than twice over the drink-drive limit from being allowed in to clubs. It sounds reasonable at first, but that's roughly equal to just four pints.

Stop anyone who's had four pints from entering most clubs on a Friday night

"IF A CLUB HAS 2,000 PEOPLE IN AND YOU'RE BREATHALYSING THEM, THE QUEUE ITSELF WILL BE SO BAD THAT FIGHTS MAY BREAK OUT"



and the places would soon have more cobwebs than punters.

The move is designed to cut violent crime in London, where most crimes are falling, yet violence is sharply on the increase.

Cops were quick to reassure Loaded the move is some way off. A spokesman for the Metropolitan Police said, "We are seeking to roll the scheme out to six boroughs in London, but a date for any proposed trial hasn't been decided yet."

But testing clubbers for drink has already been tried at clubs in Croydon on the outskirts of London, and Chief Inspector Gary Taylor said it had worked well.

He added, "It reduced violence and disputes with door staff. If someone is intoxicated, they argue less with a doorman seeking to refuse entry if they are proved to be drunk by a breathalyser."

But Croydon clubs gave a mixed response. Zack Rodney, owner of Croydon club The Granaries, said, "The practicalities aren't thought through. How do you decide who to breathalyse? Nightclub queues are bad enough before clubbers face being breathalysed into the bargain. If a club has 2,000 people in on a Friday, and you're breathalysing them on top of fingerprint checks and cloakrooms, the queue itself will be so bad that fights may break out there."

Rodney emphasised four pints seemed a reasonable limit before people go into a club. "Some of the stuff that happens in town on a weekend is unbelievable," he added. "The fights can be really vicious. I think four pints sounds a reasonable limit before barring

someone, because a lot of lads will only drink double that once they are inside."

Ministers have not made any official response as to whether or not the Met Police plan could be rolled out nationwide. Chief

Inspector Taylor also emphasised it was too early to say for definite if the Croydon pilot scheme had worked.

"The evidence is only anecdotal so far," he said.

But with another pilot scheme in Norwich also being tested, it seems as if the days of pre-loading on drink before a bigger session in a club could be over.

The idea of dancing without booze is unthinkable to many, unless you consider how many of us take pills instead. (And that's a whole other testing crackdown by the authorities.) First it will be breath tests on the door, then drugs tests.

Goodbye, 24-hour party people...

39%

THE RISE IN
VIOLENT CRIME
IN LONDON'S
WORST AREAS



SEX

And The Poscar Goes To...

Meet Anikka Albrite, the porn star who's so good she won a Best Actress Porn Oscar.

Forget Eddie Redmayne and Julianne Moore. This year's hottest Oscar winners are Mick Blue and Anikka Albrite. They're the first husband and wife couple to win the Best Performer gongs at the Adult Video Awards, the Las Vegas ceremony dubbed the Porn Oscars.

Austrian star Blue, 38, has acted in porn for 14 years, but his wife is a relative newcomer, having left her job as a lab technician to get into adult films in 2011. Albrite, famed in porn circles for her Beyoncé-style booty, is tipped to follow Jenna Jameson in crossing over from XXX to Hollywood.

A 5ft 6ins platinum blonde, Albrite certainly has the Hollywood spiel down to a T when she

talks to Loaded from the LA home she shares with Blue, claiming she "totally didn't expect" to win her Porn Oscar.

"Mick has been acting for so long, if I'd had to choose I would rather he won than me," says 26-year-old Albrite.

"But Mick's really sweet and he says he'd rather I'd have won."

Albrite and Blue married last year, having fallen in love when co-starring in Albrite's first on-screen anal sex scene. "We're like any couple - we want each other to have a good day at work," laughs Albrite. "It's just that, for us, that means having sex with other people all day. I know from the

outside that sounds odd, but there isn't any jealousy - we tell each other the kind of sex our day at work involves."

Albrite is far from the stereotype of the dumb blonde porn actress, having majored in molecular biology at college in Arizona.

"I got into porn because I

love watching it," she declares. "I masturbated to it every day when I was a teenager - I had to clear my Internet search history all the time."

Now Albrite has bigger ambitions than porn - she says she'd love to get into mainstream films. She has already landed her first 'proper' role, playing the grim reaper in Austrian horror movie *Chimney Or Pit*. Albrite also talks longingly of wanting a role in a sci-fi series such as *Doctor Who*.

But how long will she star in porn if she doesn't get her break? "As long as they'll have me," she says.

THAT'S WHAT YOU CALL A BIG RIDE

Taiwan is planning to open a sex-related theme park. The tourist attraction includes a rollercoaster with giant penises for seats.

"WE WANT EACH OTHER TO HAVE A GOOD DAY AT WORK. FOR US, THAT MEANS HAVING SEX WITH OTHER PEOPLE ALL DAY"

PORN OSCAR WINNERS ANIKKA ALBRITE AND MICK BLUE ON THEIR MARRIAGE

Fifty Shades Of Grey Area

The move to change the law on prostitution is gathering pace, but it's not a black and white issue.

It might surprise a lot of people (despite the amount of police procedurals on the box), but prostitution isn't illegal. The trouble is, so much of what goes on around prostitutes - or sex workers, to use the now-preferred term - is against the law.

Pimps, kerb-crawling and brothels are illegal. Sex workers can advertise their services, but not in public.

Yet they can advertise online, so any call girl who knows how to build their own website is quids in.

But the laws on brothels are so harsh sex workers aren't allowed to be flatmates - two sex workers operating from the same flat counts as a brothel.

British laws on the oldest profession in the world are messier than a street girl's undercrackers, and it's no wonder the last 18 months has seen a lot of campaigning for a change.

Because prostitution isn't illegal, sex workers are increasingly grouping

SEXY YEAST

Forget chocolate - the next big thing in body paints is Marmite-flavoured. Harmony stores are testing samples for launch on Valentine's Day 2016.

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together. Glasgow sex worker Laura Lee has plied her trade for 20 years and is the former president of The International Union Of Sex Workers (IUSW.)

"Sex work is the only occupation which compels a woman to work on her own," says Lee. "That's abhorrent, as it makes women so vulnerable. You wouldn't ask an emergency worker to do a shift on her own on a Friday night, so don't ask me."

Now head of Irish sex workers' movement SWAI, Lee believes it's essential the law on prostitution is overhauled. "The only people benefiting from the current laws are criminals, who know sex workers are sitting ducks with lots of ready cash, and the police, who bump up arrest figures when they bust massage parlours," she adds.

Lee's preferred solution sounds simple: decriminalise prostitution altogether.

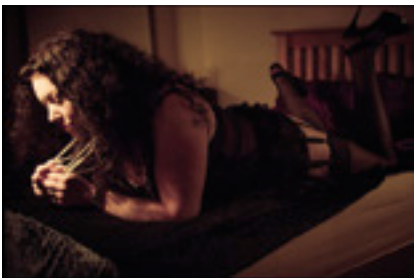
"If sex workers could operate in protected sex zones, it would send a message to would-be attackers: 'Don't mess with these women'," she says.

Since 2006, Merseyside has treated assaults on sex workers as "hate crimes", the same as racism or homophobia.

Assaults relating to prostitution have decreased by 80 per cent as a result.

London MEP Mary Honeyball wants every EU country to copy Sweden, where it's a crime to buy sex, not sell it.

The logic is the men buying it are committing violence against women. "It's well-meaning but unhelpful," says Lee, a curvy thirtysomething who specialises in Fifty Shades-style bondage services. "It means sex workers can't give consent, so the stigma on sex workers remains."



WIT & WISDOM



Amy Schumer on porn clichés and slutty friends.

"I like to watch porn, but I don't like to watch the end of porn. You know why? Well, guess what happens at the end

of the rainbow every time? Spoiler alert: he comes in her face. What an amazing Choose Your Own Adventure book that is. It's always exactly the same - there's never a twist. The guy never looks up and peers away from the camera to say to the girl, 'Oh, are you reading that Nicholas Sparks book too?' No. He just comes on her head. I don't want to see that, because I think about that poor girl. I know as soon as the director yells, 'Cut!' that she's just stumbling around like Helen Keller looking for a towel. The last guy I went out with on a date with was really hot, so I was pretending to be a good person. I was saying things like, 'I love kids!' Vague lies, which he said too. He said, 'Yeah, I love to use a condom.' That's never comfortable to bring up, so I just go for honesty, like, 'You're going to want to wear this, because I've had a busy month.' The thing is, I've been on tour as a comedian for years, but nobody knew who I was before. So people would see my picture and think, 'Oh, she looks sweet, a little bit Amish. We should bring the family - I bet she talks about shopping.' Then they get here and I'm like, 'My pussy...' and all that. But now I've been on TV, people know I'm a bad person. My audiences are bad people now. I've been lucky like that my whole life, because I've had friends the same as me from when I was a kid. We were all whores, little drunks running around town. But in every group of girlfriends, there's always one who's the sluttiest. If you don't have that friend, you're the slut."



FOOD

Get Out Of Your Shells

How did Scotland become the world's biggest exporters of shellfish?

Think of fine fish and you'll probably start dreaming of seafood caught in a glistening, sun-dappled sea, hooked in California, maybe, or the Baltic coast.

But do your thoughts naturally turn to the home of North Sea oil when you first think of fish dishes?

Not so much.

Yet the world's biggest exporter of shellfish is Scotland.

The Middle East market in particular laps up oysters from Loch Fyne in Argyll and crabs from the isles of Orkney.

But if the rest of the world is into Britain's shellfish so much, then why aren't we tucking into crab bisque and lobster and chips at tea time?

It's all healthy and quick to cook,

after all. However, while most fish doesn't need more than five minutes to prepare, a lot of shellfish seems to take several days to eat, unless you know what you're doing.

The chain Burger & Lobster is well established, but you'll often see diners wondering what the hell to do with the

fork for getting meat out of a lobster shell.

Let's face it: as a nation, the British are not that great at handling regular fish.

As fish chef Nathan Outlaw puts it, "I work with a lot of school kids, and most

of them are squeamish around fish. That goes double for shellfish. But put fish in breadcrumbs and deep fry it, and kids will eat it."

The need to disguise fish has seen Antony Worrall Thompson moan that he has to keep salmon 'fishcakes' on the menu at his restaurants when he doesn't want to.

Possibly the simpler reason Britain isn't mad on shellfish is because it is viewed as a really pricey delicacy.

Scotland's most famous son Sean Connery is vegetarian, but he'd make a great campaigner for a 'Eat More Scottish Fish' drive. The way he'd pronounce 'shellfish' would surely get



people into buying more of the stuff 'hook, line and schinker' as he may say.

For now, Scotland will have to do with advertising from the likes of the Eat Drink Discover Scotland website. It says of its fishing industry, 'It's easier to convince someone in Singapore

to eat your mussels if your family has been farming them for generations and doing so sustainably.'

That's great news for buyers abroad, but it means the prices are staying up at home.

It may be time we got over ourselves and

came out of our shells.

We should embrace those scaly fish and work out how to crack a crab, manhandle a mussel and lay into a lobster.

With enough demand at home, shellfish could finally become a mass market mainstay.

TIME TO EET

For those annoying restaurants that don't let you book a table, new app Eet lets you know how big the queue is before heading down to try and get some chow.

127,000

TONNES
OF SALMON
EXPORTED
BY SCOTLAND
EACH YEAR

"POSSIBLY THE REASON BRITAIN IS NOT MAD ON SHELLFISH IS BECAUSE IT IS SEEN AS A REALLY PRICEY DELICACY"

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Food For Thought

Loaded's new culinary writer, celeb chef Scott Hallsworth, charts the rise of young foodies.

When I first became a chef in Britain in 2001, you basically needed to eat at a Michelin-starred restaurant to guarantee yourself a good dining experience.

Now, you see loads of passionate places putting on great food for less money. You don't need big bucks to eat out well anymore, and that means more younger guys can afford it too.

These days, if you're spending top dollar it isn't even necessarily about the quality of the food, it's often about the experience – a cool environment, perfect service or a unique location for example.

Another factor in the boom in young 'foodies' is TV shows really

have inspired men to get into cooking, especially the weekend programmes such as Saturday Kitchen on BBC One and Sunday Brunch on Channel 4 that are shown when we might have a hangover.

Once you get into food as a passion, rather than just seeing it as sustenance, the enthusiasm tends to stay for life.

You can show your cooking skills off to your girlfriend and you can make great meals for yourself if you just want some quick comfort food. Supermarkets have helped greatly in that regard too.

Their ingredients have become so much more varied. You will often see what used to be impossible-to-find ingredients – for example,

yuzu juice – in the World

Food section.

Staying fit is a trend with a lot of twentysomethings now, and eating well is a huge part of that.

A friend of mine who runs a nightclub says it's harder and harder to get traditional late-night punters in, because young people are going out for meals with mates instead of getting smashed until 4am.

That doesn't mean we've stopped liking booze.

My new restaurant Joe's Oriental Diner is a place where you can combine great food with a proper drink.

But the trend is for quality over

SCOTT HALLSWORTH'S KITCHEN ESSENTIALS MISONI KNIVES

The first thing you should get if you're going to start cooking seriously is a good set of knives. Good quality is generally sensibly priced. A Misoni Swedish steel paring knife is roughly £45, though I prefer their carbon blades.



SCOTT HALLSWORTH IN 3 FACTS

01 Since opening Kurobuta last year, celebrity regulars at Scott Hallsworth's Japanese restaurant have included Adele, Millie Mackintosh, Jimmy Page and Bombay Bicycle Club.

02 A regular on TV shows Saturday Kitchen and Sunday Brunch, Hallsworth has just signed a deal to publish his first cookbook.

03 Hallsworth has been a foodie since his mother made him do work experience aged 15 at a local Chinese restaurant in Western Australia, where he grew up.

quantity, and we've got some absinthe cocktails that are both tasty and arse-kicking.

The one fad aimed at younger foodies that I hope dies down is burger restaurants.

I saw yet another new would-be chain open recently and thought, 'Guys, give it up'.

The big boys have got the market sewn up and the smaller ones are starting to fade away.

You only need to look at how many food bloggers are out there to see that foodies are getting younger and younger by the day.

That should encourage every single restaurant not to get complacent.

And what is there not to love about that? Everybody benefits.



HOT SPOT
Hallsworth's place Kurobuta.



EXTREME TRAVEL

Tanks A Lot

How to take rubber-necking tourism to the next level by viewing the chaos of Ukraine - from a tank.

TOURIST TRACKS
The vehicle you'll ride in on the ghoulish tour.



If you've ever watched News At Ten's coverage of the carnage in Ukraine and thought, 'Now there's a place for a holiday', then your dream has just come true.

Russian holiday firm Megapolis Kurort is offering vacations to visit war-torn regions - with the tours taking place from the relative safety of the inside of a tank.

The four-day itinerary of one of their trips includes visits to cities worst hit by the civil war between Russia and Ukraine, such as Donetsk and Luhansk, which have both declared themselves to be independent republics.

The tanks hold seven tourists and security will be provided by local bodyguards. Megapolis Kurort usually specialises in spa holidays, and agency boss Anatoly Aronov admits he can't guarantee holidaymakers' safety.

"Travellers will go at their own risk and sign papers absolving Megapolis Kurort from any responsibility," he said.

That will make getting travel

"THERE IS DEATH, TEARS AND GRIEF IN UKRAINE. I JUST CANNOT SUPPORT EARNING MONEY FROM OTHER PEOPLE'S GRIEF"
UKRAINE'S TOURIST MINISTER
STANISLAV VINOKUROV

insurance from Thomas Cook seem a hard sell then.

The holidays are being advertised in Russian newspaper Izvestiya. And Russia advertising ghoulish holidays in its down-trodden neighbour hasn't gone down well.

Ukraine's tourist minister Stanislav Vinokurov told Izvestiya, "There is death, tears and grief here. I didn't expect this proposal at all, especially not from our colleagues in Moscow. I understand and support tourism, but I just cannot support earning money from people's grief."

Aronov freely admits Megapolis Kurort are cashing in on the war. "This is event tourism," he said. "People want to see everything for themselves and to draw their own conclusions."

Vinokurov hit back by saying, "We are ready to greet people who want to see Ukraine with their own eyes, but not for this."

"We are making tourism plans for when there is peace here, when we can show Ukraine at its best and what we are proud of, like our ancient temples for example."

The unrest in Ukraine began

5,300

PEOPLE KILLED
IN THE UNREST
IN UKRAINE

last April when the country's pro-Russian president, Viktor Yanukovich, was driven from office. The separatists in control in the eastern cities of Donetsk and Luhansk support

Russia, claiming the new independent Ukrainian government intends to suppress ethnic Russians who make up a large part of Ukraine's population in the east.

Even though a ceasefire has been in place since January, fighting continues in many areas of the country.

But yet another Russian travel agency, Discovery, says there's no reason why Ukraine can't become a hit with 'thrill seekers'.

Discovery boss Sophia Gavrilova, whose firm organises holidays in Afghanistan, said, "You can argue about the ethics of it all."

"And maybe people in Donetsk and Luhansk don't want to greet tourists. But, why not?"

£2,000

THE COST OF
A TANK BREAK
IN WAR-RAVAGED
UKRAINE

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TRAVEL046
WORKAndy McNab **EXCLUSIVE COLUMNIST**

The World's Most Dangerous City: Bogotá, Colombia

The Bravo Two Zero hard-nut on the place that gives even him the fear.



ANDY McNAB IN 3 FACTS

- 01** McNab served in the SAS from 1984-'93, having previously been a soldier in the Royal Green Jackets. He has worked on covert counter-terrorism missions around the world.
- 02** The ex-SAS man was awarded the Military Medal in 1980 for serving in Northern Ireland and then the Distinguished Service Medal in 1991.
- 03** McNab's book *Bravo Two Zero*, about his patrol's service during the Iraq war in 1991, has sold 1.7 million copies. Now living in New York, he is 46 and has written 36 books.

I've seen some hardcore places, but Colombia is just fucking mental. I was sent there in 1997 to try and stop crack coming into Britain.

At the time, the drugs business in South America was worth £15 billion more than the combined income of Kellogg's, McDonald's and Microsoft.

The SAS were working with the CIA, so it was really well paid and we were going into Bogotá with big wads of dollars.

But it was obvious the place was total fucking chaos. The drug cartels were crumbling and the far-left guerrilla group Farc was throwing money about trying to take over. So there was loads of money about and nobody giving a fuck.

Even in Afghanistan, there's an element of control – you know who you have to try to negotiate with.

But in Bogotá, it was anarchy.

The government's attitude was just, 'Fuck it'. There certainly wasn't any law enforcement. Bits of Bogotá looked quite flash. You'd see geezers getting out of big Mercs wearing gold-tipped cowboy boots and having coffee outside Planet Hollywood. But literally around the corner there were people living where the roads had collapsed.

The secret police would come along and shoot them just to get them out of the way. Our plan was to kill as many drug producers as possible.

The manufacturers weren't interested in fighting – they just wanted to get their product out.

We did a raid in the countryside where they were setting fire to \$1 and \$5 notes, because it was easier and more efficient to burn it than launder it.

The closest I came to getting hosed

was at our base two-and-a-half-hours outside of Bogotá, when one day the narcotics police were out on a raid.

Two producers fleeing the police ran out of the bushes. One of them had a machete that he was swinging about everywhere, and I happened to be right in front of him.

I just about had time to duck out of the way to avoid being decapitated.

Instead, the machete caught me around the forearm, and I've got a great big scar there.

But I was only brewing a tea at the time!

Andy McNab's new book *The Good Psychopath's Guide To Success* is out now in paperback.

McNAB'S SURVIVAL TIPS

The three things we always try to avoid are being cold, wet and hungry. You can get away with being hungry, but cold and wet will kill you. So get some Gore-Tex. It's waterproof, warm and breathable, so the rain stays out but your sweat's got somewhere to escape.

LIFE IS CHEAP
A corpse on the lawless back streets of Bogotá.





SURVIVING WORK

Trading Places

Your brief guide to becoming a City boy from home.

Anyone who's seen braying idiots from 'The City' on the news has probably thought, 'If they can get rich, then so can I'. There are certainly dozens of courses whose adverts promise you'll get rich quick. But is becoming a trader in shares and foreign currencies really easy money?

Not according to independent trader Charlie Burton. Even though Burton is a full-time trader working from home, he warns he's had to graft for his riches.

First-time traders can be spotted a mile off and picked apart by the professionals. "No-one is naturally a good trader," says Burton, who traded as an amateur for five years before going full time 13 years ago. "You're better off going down the casino if you think trading is easy pickings."

All you need to start trading is to sign up online with one of the main brokers, who include IG, ETX Capital and InterTrader Direct. They have demos that let you trade without using real money at first. Be warned: it's an expensive hobby. "You can start with £100," says Burton. "You're not going to

make a full-time income on that, but it's a good way to start developing a strategy." The best traders make about five to 10 per cent more money each month - which is hardly the fortune the ads promise. "Even professional traders lose 40 per cent of the time," says Berkshire-based Burton. "The key is to maximise the money you make with the other 60 per cent. If you play the odds, you can make good money. But if you abuse the rules, you're going to get burnt."

Burton is speaking from experience. After a winning streak, he became reckless and lost £250,000. His mistake was not to put "stops" in place - programmes that stop you trading if you're losing too much cash.

"The maximum you should lose on one trade is one per cent of your total capital," says Burton. "That's only £1 if you're starting with £100. But it's worth putting those stops in. There was a

run on the Swiss franc recently, and a trader I know ended up £58,000 in debt from that one day." Home traders are advised to try dealing in foreign currency rather than shares because the markets are open 24 hours a day, rather than the 8am to 4pm hours of the London Stock

Exchange. It's also wise not to trade too many things at once. "I only have one or two trades on the go at once," says Burton, who also runs online trading advice service Ezeetrader. "Your brain can't process 10 trades at a time."

Some traders hope technology will change the business forever. "Good Wi-Fi meant anyone can trade at home," he adds. "The next shift is traders developing software that places their trades for them. No-one has perfected it yet, but it'll be interesting to see if that can be as good as the best traders."

40%

THE AMOUNT OF TIMES DIY TRADERS LOSE CASH ON THEIR TRANSACTIONS

CHARLIE BURTON'S TIPS FOR HOME TRADERS

01 DON'T GET TOO RISKY

"If you play by the rules, you'll still be in the game even if you have a few losses in a row. And you are sure to make those losses back with your winning trades."

02 MAXIMISE YOUR GAINS

"If you stand to lose £10 on a trade, you want to make £20 if it comes off. You're going to lose 40 per cent of the time, so try to win twice as much on one trade."

03 HAVE A LONG-TERM STRATEGY

"To make good money, you'll need to trade for five years. Most home traders give up within a few months when they haven't become like lottery winners."



HOME BOY
Burton with his bank of monitors.

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Comic Relief

What's the difference between a boyband member and an ISA? **The ISA eventually matures and earns money.**

I'M PROUD MY FATHER INVENTED THE REAR VIEW MIRROR. BUT WE'RE NOT AS CLOSE AS WE APPEAR. **Stewart Francis**

I'm having trouble reading at work. But it's not my fault. My dyslexia has just hit a new owl. **Simon Henry**

Industrial Revolution

How to get it sorted if you're hacked off with your boss.

Feeling properly fed up at work? Having your final, "I can't take it anymore" day as your boss bullies you yet again? You might have read about hefty unfair dismissal cases and been thinking, 'I'm having some of that.' And you might well be entitled – but first you'll have to negotiate with your dreaded boss.

This month sees the first anniversary of new rules about taking employers to an industrial tribunal court.

If you can't sort things out in the office, you and your employer now have to first meet with Acas, the organisation that negotiates between bosses and workers, as well as employers and unions in strike disputes.

However much of an arse your boss is, it may well be worth trying to settle with them before it reaches court. Even though they're refundable if you win or are on low income, you have to spend

£1,180

FEES TO PAY BEFORE STARTING AN UNFAIR DISMISSAL CASE

£390

BILL BEFORE STARTING AN UNPAID WAGES CASE

£11,813

AVERAGE COMPENSATION FOR UNFAIR DISMISSAL

hundreds in fees to lodge a case.

You or a union rep can represent you in court, but a solicitor costs extra. Worse, if your case is deemed 'frivolous', you'll have to pay your employer's costs too.

"Keeping it in the workplace and as informal as possible is the best first bet," says Sophia Said of Acas. "It can be possible to nip a disagreement in the bud. Prevention is better than cure."

At least it's free to see Acas first. They dealt with 60,000 cases in the first nine months of the new Early Conciliation rules.

"We give parties an understanding of how an industrial tribunal would view their case," says Said. "Acas can't make a judgement, but you'll know where the goalposts are."

Unfair dismissal and unpaid wages are the main disputes between workers and employers.

The maximum you'll win for unfair dismissal is capped at £76,500, though that can be more if you've been sacked for whistleblowing or raising health and safety issues. The maximum then is £3.2million.

Acas can also rule on constructive dismissal – if you're being so unfairly treated that you're effectively being forced out of a job.

"Acas brings an informal approach before it reaches tribunals," says Said. "We don't take sides."

Just maybe, you could be in the wrong. Or your boss might realise they're being such a chump they'll cough up before you need to pay those industrial tribunal fees.

HEAVY BUSINESS

Part-time dishwasher Roger Tullgren has been awarded disability benefits by Swedish authorities – because he's addicted to heavy metal. Tullgren successfully claimed he can't hold down a job because he needs to listen to Slipknot and Co.



KELL BROOK & KID GALAHAD IN EMPORIO ARMANI EA7 TRACKSUITS
EXCLUSIVE TO SCOTTS

Kell Brook

Ezekiel Brinsly Reid 'Kell' Brook, born May 3rd 1986 in Sheffield, fights in the Welterweight division. Brook is the current IBF welterweight champion and holds notable wins over Michael Jennings, Lovemore Ndou, Matthew Hatton, Vyacheslav Senchenko and Shawn Porter.

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Kid Galahad

Born March 3rd, 1990, Galahad is a Qatar-born boxer who fights at Super-Bantamweight. He is the current Commonwealth and IBF World Youth Super-Bantamweight Champion and the former British, European and WBC International Super-Bantamweight champion.

Kell Brook & Kid Galahad

Scotts' toughest ambassadors face off for a Q&A on their hard knock lives.

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Kell Brook

Q&A

LOADED What has been the hardest blow you've taken in the ring?

KELL BROOK My fight with Senchenko - in the same round I KO'd him.

LD What's the toughest blow you've had to endure outside the ring?

KB Losing my uncle.

LD What are your biggest achievements - professionally and personally?

KB Winning a world title and watching my two girls being born.

LD What is your dream?

KB Winning world titles in different weight divisions.

LD When was the last time you cried?

KB Losing my uncle.

LD Describe your best and worst days.

KB The battle with the scales are always hard days. But getting home after a hard training session with my dinner hot and waiting for me on the kitchen table are my best days.

Kid Galahad

Q&A

LOADED What has been the hardest blow you've taken in the ring?

KID GALAHAD The way I fight I avoid a lot of hard shots and the ones that do connect I pull away so most of the power has dissipated. The hardest I have been hit is by Kell Brook in sparring.

LD What's the toughest blow you've had to endure outside the ring?

KG A few people got killed who I went to school with or who I knew when I was a teenager. They were so young and hadn't even lived life. It puts everything into perspective.

LD What are your biggest achievements - professionally and personally?

KG My biggest professional achievement was winning the British Commonwealth and European titles. On a personal level - not ending up in prison.

LD What is your dream?

KG To be a multiple-weight world champion.

LD When was the last time you cried?

KG When I was born.

LD Describe your best and worst days.

KG Every day I wake up is a good day as I'm alive. A bad day for me is watching the news and seeing all the trouble happening around the world.

KID GALAHAD WEARING

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WORLD EXCLUSIVE COLUMNIST

Ni•Uncle Nice

Howard Marks, famously known by the alias Mr Nice, has seen it all and smoked it all. In his second column as Loaded's new Agony Uncle, written as he fights inoperable cancer, he gives advice on the best way to become a drug dealer and make your General Election vote really count.

Dear Uncle Nice,

I saw you started as Agony Uncle for Loaded last month and think it's brilliant – mainly because I'm thinking of becoming a drug dealer and wanted someone decent to give me tips. What's your advice on how to deal on a big scale?

Dave, Stevenage

Dear Dave,

Well now. First, you'll need to buy some scales. You will also need a lot of mobile telephones.

And you should probably get yourself locked up in a nick for a few weeks just to be sure you can really handle becoming a drug dealer.

Back when I ran one of the largest dope smuggling concerns in the history of the planet, people were always coming to me and saying, "Howard, find me a role in your organisation, I need to make some easy money quickly and I'd be great at smuggling."

They always used to think it was "easy money", which it was in a way, I suppose. But it had a very high potential downside, which is not easy at all.

So I always used to ask them if they'd ever been to prison.

When they told me they hadn't I'd say, "Well, you need to do that first to see if you can handle it."

Dear Uncle Nice,

I've been unemployed for three months and have lost control of my life. I try to apply for jobs and socialise but end up eating cereal from the packet and watching terrible TV. How do I sort this?

Jack, Coventry

Dear Jack,

Find a park at midday, when there's a clear sky. It can be cold, but the important thing is that you can see the sun, you can hear the birds and there is greenery.

Now roll a joint of really good weed or hash, preferably not skunk (we'll go into that another time, but trust me on this one – I've smoked a lot of pot.)

Now meditate. If you don't know how to meditate, or even if you do, just imagine, with your eyes shut, a tiny statue of Buddha about three inches high, made completely of light and floating about four feet in front of your face. Be excited as you imagine it. Do that for a few minutes. Now tell me you want to go back and watch shit TV? The next day, go do something free but unexpected – like visit an art gallery, a small museum, a library or another park. Afterwards, repeat what you did on Day One. Still watching terrible TV? Really? Are you also into self-harming?

Day Three – repeat what you did on Days One and Two. Only this time, also think about what you'd really like to do with your life if there were no limitations in terms of money, education, talent,

uncertainty, geography, class, time or mere mortality.

Then get back to me on Day Four and we'll take it from there. Let me know next month where you're at please.

Dear Uncle Nice,

My wife bought me a really ugly pair of Gucci shoes. I'm not flashy but she forked out for them for my birthday so I'd feel bad saying I despise them. Would you come clean or just wear the things?

Stephen, London

Dear Stephen,

Ask her if she kept the receipt. That's what she'd do if the shoe were on the other foot.

Dear Uncle Nice,

My dad has started dating a woman who I'm convinced is just after his money. Let's just say she has a track record for it. Shall I have a word with my old man about it, or speak to her, or neither?

Tim, Plymouth

Dear Tim,

Neither, probably, for the moment. Are you saying your old man is stupid? He probably knows exactly what's going on – and if you can't pay for a shag at his age, well, when can you?

Of course, if your old man is stupid then perhaps you should step in.

The trouble is you're on a hiding to nothing. Have a word with your dad and you're more likely to have a row than

"Cancer is a kick in the ct"**

“Want to know if you’d be good at being a drug dealer? Go to prison first and see if you can handle that”



anything else. If the old goat has got the whiff of the good times he’ll never listen to you. If on the other hand you speak to her and she ends up shacked up with your father, you’ll have an enemy for life. This track record you’re talking about sounds a lot like pub talk to me – and you should be wary of convicting someone based on hearsay. You also miss out some crucial points: do you mean she likes being taken out on expensive dates?

Also, you fail to mention, is she fit? Get back to me and answer those questions and I will once again sit in judgement. Lastly, one thought to consider: I am presuming you have realised that your dad, like everyone else in the world, will die one day.

Are you worried she’ll have spent all his hard-earned cash by then or got the will changed in her favour?

I’m just asking. Are you sure it’s just her who’s after his money, Tim?

Dear Uncle Nice,

I am a devout Labour man but Ed Miliband looks like a Peperami sausage and I don’t trust him to run this country. There is no way I’m voting Tory and don’t want to waste my vote. Any advice?

Tom, Devon

Dear Tom,

The Greens have got some good ideas. Everyone criticises them because it seems they can’t run a piss-up in a brewery. It turns out Brighton, which is the only

city they control, has got one of the lowest rates of recycling in the country. On the other hand they do a great job in Germany, so maybe they just need a bit more practice at being in power – and a bit more practice in how you get things done in the corridors of power.

Alternatively, you should take a leaf out of my book and stand for parliament yourself on a drug legalisation ticket. I didn’t win, but you might.

Dear Uncle Nice,

My best mate has been diagnosed with cancer but won’t let his friends do anything for him. We want to go to chemotherapy with him but he won’t let us and insists on doing everything on his own. Should I just leave him alone until he says he needs help?

Ben, Manchester

Dear Ben,

First of all, you have my sympathy. As I found out when I was diagnosed with inoperable bowel cancer last year, cancer is a kick in the cunt. I don’t know what your friend has and how his prognosis looks but just finding out you have cancer is a headfuck. I am lucky my girlfriend and family and some very good friends look after me very well, but I do live alone and understand the importance of personal space, and it sounds like your friend might too. Stay close to him, keep him stoned and give him room.

You’re the best medicine he’s got.


Dear Uncle Nice,

My girlfriend has a real issue with me being on Twitter when we’re together. I have to admit, I love it and I’ll sit typing on it on even when I’m meant to be watching a film with her or whatever. What’s the best way to handle her hatred of it?

Lee, London

Dear Lee,

Probably giving her a right good shagging would take the pressure off! Presuming you’re already doing that, then I saw some time ago you can now buy TVs that allow you to stream your Twitter feed down the side of the screen while still watching telly. This sounds like it might have been invented with couples like you in mind. I hardly ever watch TV, so my suggestion would be get off the couch and do something more interesting (you could start with the shagging I mentioned.) As for the Twitter, it’s not really my bag. I was 60 when it came along and to be honest I couldn’t be bothered to get into something new. All I do know is when someone’s sitting with me and they can’t take their fingers or their attention off their smart phone, I have one of two simple reactions.

If I’m bored by their company it’s a blessed relief. If I like them and I enjoy their company, it’s fucking annoying. Here endeth the lesson... 

EMAIL howardmarks@loaded.co.uk

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THE BALD TRUTH
Byron with his friends before he shaved his head, below, post-diagnosis.



GREAT MOMENTS IN LIFE



“A Pregnancy Test Saved Me From Cancer”

AS TOLD TO John Earls

Byron Geldard thought he'd just overdone it on the booze on a lads' holiday when he went to hospital with stomach pains aged 18. It was only when doctors used pregnancy testing technology he found out the truth about what was wrong.

“After I finished my A-levels last year I went on a lads' holiday to Kavos in Greece, when I started getting a pain in my side.

It wasn't that bad, and my doctor said it was muscular pain. It got worse in Kavos, but I thought that was because of how much we were all drinking.

The pain became constant when I got back after a week, so I went back to the doctor. He found a mass on my stomach, but the thought never crossed my mind it could be anything serious.

I was sent to Addenbrooke's, my local hospital in Cambridge, and was told there was an eight-centimetre tumour in my stomach.

I thought, 'Shit, this is serious', but I couldn't really take it in.

The doctors were telling me I'd been coughing a lot because the tumour had spread to my lungs, but I was thinking, 'I was on holiday last week! What are you on about? All my mates were coughing when they got back from Kavos too.'

The doctors weren't sure which one of five cancers I had.

I didn't have any of the lumps on my

balls people associate with testicular cancer, so the only way of checking was to take a pregnancy test.

The tumour releases a lot of pregnancy hormones, so I tested positive.

I thought I was going to be the subject of a Channel 4 documentary called *My Cancer Made Me Pregnant* or something.

I was relieved in a way, because testicular cancer is the easiest to treat.

I had a Saturday job at McDonald's and I needed chemotherapy so fast I had to phone them to say why I couldn't work that weekend. Telling my boss, 'I can't come in, I've got cancer' sounded like a terrible 'My dog ate my homework' excuse.

A lot of my friends thought I was taking the piss when I first told them.

'Cancer' is such a scary word people tend to think you're a dead man walking.

That's one reason why being treated at the Teenage Cancer Trust ward at Addenbrooke's has been so good.

Everyone there knows what you're going through – you can joke about it, and you're not judged. The ward also has free Wi-Fi, TVs, Xboxes and a pool table. It's like how all hospitals should be.

It must be so daunting to hear your child has a serious illness, but my mum was brilliant. My hair started falling out in clumps as soon as I had chemotherapy and it felt as if my scalp was bruised. Mum is a dog groomer and I told her, 'I'm fed up of this, just shave it all off.'

I'd had tickets to see John Bishop in Cambridge, but couldn't make the gig as I was having chemo.

He visited me in hospital, but I had no idea he was coming. The only thing I had for him to sign was a copy of Michael McIntyre's autobiography I was reading.

John signed it anyway, writing, 'I have stolen Michael's life'.

The surgery to remove the tumour in December was successful and I'm going to university in September to study criminology. In the meantime, I'm visiting schools to hopefully put a funnier and more relatable spin on having cancer. I'm quite philosophical about it. The attitude of most Teenage Cancer Trust patients is your life shouldn't be judged by how long it is, but what you do with it.

My philosophy is, 'Yesterday is history, tomorrow is a mystery, today is a gift'. ¹⁰

“I didn't have the lumps on my balls that people associate with testicular cancer, so the only way of checking was to take a pregnancy test. The tumour releases pregnancy hormones, so I tested positive”



To help young people with cancer visit the website teenagecancertrust.org. Or text GIVE to 70500 to donate £5 to the cause.



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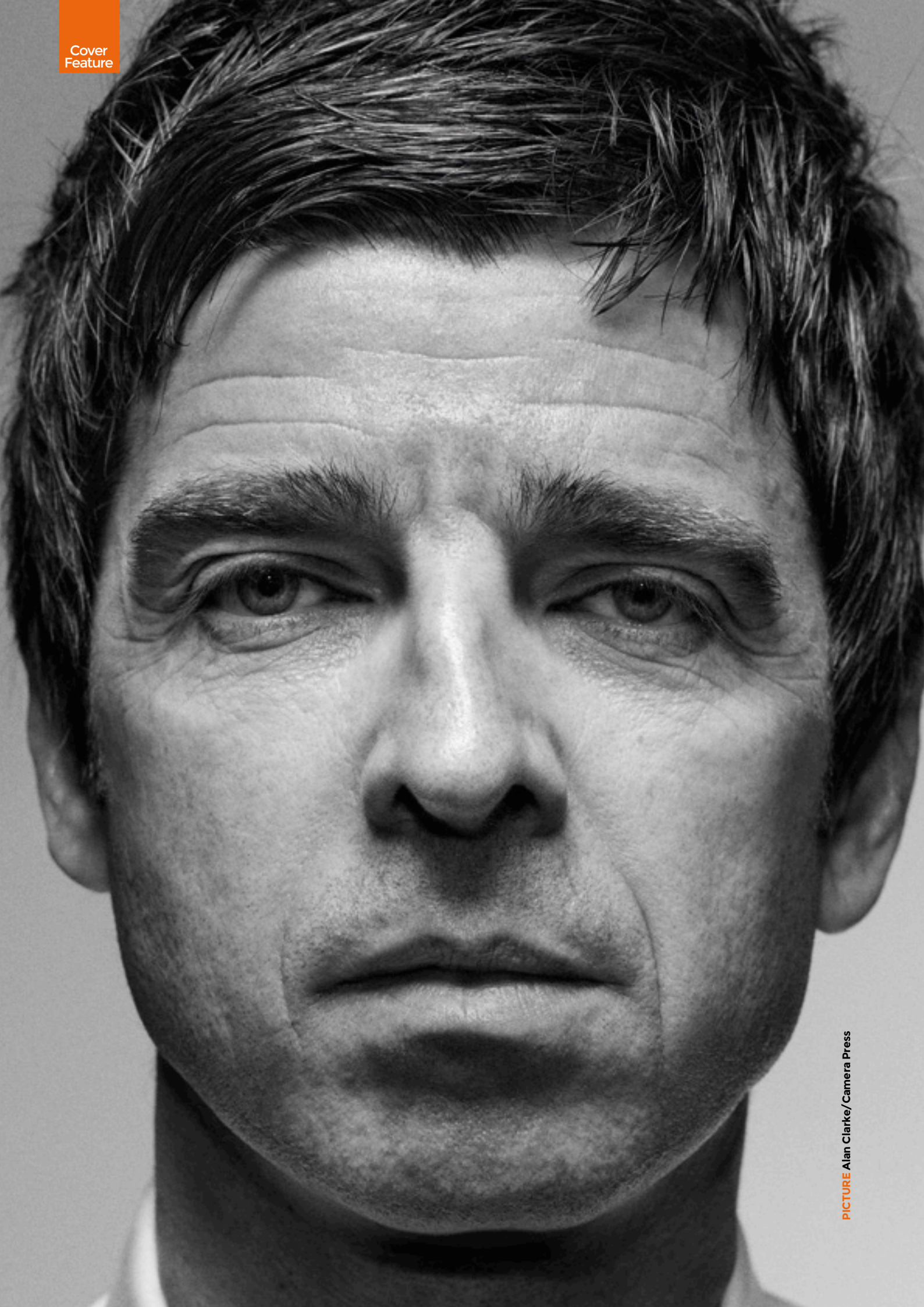
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“I’LL NEVER STOP...

WORDS Lia Nicholls, Deputy Editor

TURN TO
PAGE 66
FOR
IRVINE WELSH
VS NOEL
GALLAGHER.

AS LONG AS MY BRAINS AND BONES LAST OUT”

Living forever? Noel Gallagher’s not arsed – because he’s already had it far more than you. Britain’s elder statesman of rock writes his epitaph for Loaded and sounds off about other grave matters including retirement, baldness, his hatred of legal pills, selfie etiquette, hangovers, the gentrification of Soho, his fitness regime and reality TV.*

*We left it to Irvine Welsh to ask about Liam and the Oasis reunion. Sort of.

“**W**hat would I have on my epitaph?” splutters Noel Gallagher.

Unusually lost for words for just a couple of seconds, he pauses, before smiling and announcing, “Here lies Noel Gallagher. He had it more than *you*.”

Pragmatic, funny and delivered (fairly) quickly, it’s a classic Gallagher response. And he’s right.

He has indeed had it more than 99.9 per cent of humanity – far more.

The last time Noel, 47, featured on the cover of Loaded was 18 years ago.

It was January 1997 – a time when Internet was shit, Tony Blair was about to become Prime Minister, the film Titanic

was poised to vomit on the Oscars and Dolly the Scottish sheep had become the first mammal to be cloned.

Noel was 29 and Oasis were seven months away from releasing their third album Be Here Now – a record the elder Gallagher says is the “best advertisement against taking cocaine”, and one that many say signified the end of ‘Britpop’.

A lot has happened to Noel in the two decades since, all well documented, warts and all: two marriages, one divorce, three children, countless tours, in Oasis/out of Oasis is a brief summary.

There have been two constants in that time: his unflagging adoration for Manchester City FC and the fact he continues to be one of the most

successful songwriters around. The subject of mortality may not seem like a cheery start to an interview, but Noel is fine with it because, like most things, he isn’t “really arsed”.

But his place in the universe must have crossed his mind.

He turns 48 next month and earlier this year was put on a course of (legal) pills by his doctor for a serious medical condition... which we’ll come to later.

Today, sitting in his PR’s office in Kensington, the High Flying Birds frontman says he’s doing his best to preserve himself by being kinder to his body than before.

He’s converted his garage into a gym and goes as “often as possible, or when

the wife says". And when it comes to work, he says his biggest desire is to keep making records for as long as he's able.

"Maybe I'll retire from playing live, it depends how long you can be arsed," he says. "Ten years from now I don't think I'll be getting on a bus – it's undignified. But I don't think I'll ever stop writing... as long as my brain and bones last out.

"I'll just have to tailor the touring. It's not fun being on a bus for six weeks in America. It's fine when you're young, but I'm almost 50."

He pauses again and looks at me and says, "That's when you're supposed to say, 'No way, are you!'"

LOADED & NOEL

He's right to pick me up on not complimenting him on his appearance – in person he looks younger than 47.

It occurs to me he definitely doesn't look like a man who has spent a good two decades popping class-A drugs.

Noel's frame is small but not skinny, and nowhere near as waif-like as ballet-loving Mick Jagger.

His eyebrows are strong but they're not mono by meeting in the middle anymore.

A few years back Noel famously claimed, "I've spent £1million on drugs and loved every minute of it."

Yes, that's a lot of money to spend on getting high, but not if you're a Gallagher with a lot of mates to rack up with.

But even with that amount, Noel insists he was never hooked.

"Luckily I wasn't addicted," he says. "I think if you're going to get addicted to drugs, it's bad no matter what it is.

"If you're addicted to cigarettes, it's awful; if you're addicted to alcohol, that's the worst. But, you know, each to their own I guess."

We chat about Damon Albarn, his former Britpop nemesis, who like Noel has spoken candidly about his past drug use.

The Blur frontman recently defended his time on heroin, saying it was an "incredibly productive" time in his musical career. Admitting he was a regular user, Albarn said, "I never thought it was going to become a problem."

Noel says about Albarn's heroin admission, "To be quite honest, Damon didn't behave like a smack-head. I wouldn't have sussed that he was. As for Pete Doherty – fucking hell – that's blindingly obvious."

So what's his stance on high times now he's older and more sober?

"Me and my wife go out and have a fucking good time but not like I used to," he says. "The worst thing for me

about getting older are the hangovers.

Hangovers last for three or four days.

"I haven't got the stamina for the three days at Glastonbury any more, although I did that last year, and it was fucking horrific. On the third day I get a bad back and all the rest of it but on the whole I think I'm doing alright."

Laughing, he adds, "The head of hair helps for everything. If I'm not fat and bald, I'm alright."

Moving away from the hedonistic, what about those legal pills he was on this year?

Noel revealed in February he was taking prescribed tablets for a medical condition.

He said he started popping them after a routine check-up at which he said a doctor made him feel like he was going to "drop dead" if he didn't take medication.

Noel still doesn't want to specify the condition for which he was prescribed the tablets.

But he gives me an update by telling me he has decided to defy medics by giving up the pills himself.

"The older you get, the more pills you have to fucking take, or the more pills they try and make you take," he snarls.

"But I don't take any medication now and I've got to say, I feel much better for it.

"I think if you just look after yourself, the rest will look after itself, unless of course you have a disease. So, yes, I don't take any pills anymore."

We've met a couple of days before Noel is due to head out on the road to tour his second solo album, *Chasing Yesterday*.

He might be as provocative and opinionated as ever but he doesn't take life too seriously, apart from the rare occasions like when he decided to go solo.

When he quit Oasis in 2009 after one guitar-wielding fight with Liam too many, he ploughed his own cash into setting up his label, Sour Mash Records.

He says it cost so much he had to keep the cost from wife Sara MacDonald (who he married in 2000 and calls an "angel").

"Everything I've done since I left Oasis has come from my own pocket," he says,

"You've got to pay for the tour, got to pay for the wages and you don't really break even for about nine months.

"I don't mean I lost money. I mean I lost a fucking shit load of money. It was a few million, like.

"I had to lie to Sara at first, and when I eventually did tell her, she freaked out – I mean FREAKED out."

He sits forward on his chair for optimum storytelling impact.

"So I come out with, 'You know, a year ago, this happened... and she was like, 'What the fucking hell did you do that for?'

"I said, 'I did it because I felt like I could

and I didn't want to be signed to a record label, I wanted to do it myself'. Luckily enough, it's worked out."

It has worked out.

Noel's new album was confirmed as the fastest-selling album of 2015 so far when it was released on March 2nd, and went to No1 after racking up 89,000 sales in a week. It put him ahead of albums by Sam Smith, Ed Sheeran, George Ezra and Royal Blood.

LOADED & NOEL

With two successful solo records on top of triumphant Oasis, the elder Gallagher doesn't really know what it's like to fail.

And despite the rampant success of *Chasing Yesterday*, he says he doesn't focus on sales or chart positions.

"I don't worry about the music getting to No1 or anything," he says. "I never have done really. Well, maybe I did between 1994 and '97, back when I wanted to rule the world.

"If it has got to the point where you're listening to it, it's got to the point where I'm happy with it.

"People aren't buying as many records as they were four years ago so sales are likely to decline, but it won't make it any less a record. Everyone who's heard it fucking loves it but then I think, 'Everyone who's heard it knows me, so they would say that'.

"I'll find out when the reviews are out, but even that doesn't really matter. If there's a good one, I might read it. But I like reading the ones who slag it off – I like that better. I mean, it's inevitable *The Guardian* will fucking hate it. But reviews don't really matter. The only reviews that do matter are the ones on the iTunes page."

He's correct again: *The Guardian* haven't spoken too highly of his latest record. Their review read, '*Chasing Yesterday* really isn't a bad album as such: it's alright, it has its moments, it'll do.'

But it also made the point, 'Noel Gallagher has never released an album that hasn't gone platinum in his entire 22-year career.'

So it's no wonder he doesn't give an arse. But when did either Noel or Liam Gallagher really give a fuck? Their apparent indifference has always been part of the allure.

And the attitude still rolls on.

Noel keeps sticking two fingers up to critics, his brother Liam does the same to photographers and they both still get away with playing up to the stereotype of the gruff northern lad, although that's a card Noel says he uses far less nowadays.

NOEL PONDER...**REALITY TV**

When I left Oasis, there was a barage of offers for me to go on reality shows as everyone thought, 'Well, he's going to be unemployed now'. But I fucking can't stand *Strictly Come Dancing*. I know Claudia Winkleman a bit and I saw her at a party and said to her, 'What are you fucking doing that show for? You're better than that.' I don't mind the jungle one (*I'm A Celebrity to us*.) I like it if there's a headcase on it. If Shaun Ryder's on, yes. John Lydon, absolutely. Jordan and Peter Andre, not for me, ta.

& HIS CRAZIEST STALKER

In about 1998, I'd been out, came home and there was a guy sat in the kitchen. People were freaking out so I went into the kitchen very calmly and said, 'Alright?' He said very calmly back, 'You know why I'm here'. I was like, 'Erm, really? Why's that then?' I said to my mate, 'Oi, phone the police'. I was living in this house that had this driveway that was really fucking long. My mate, who is a black guy, goes off to call the police. Meanwhile I'm keeping this guy talking who is obviously pretty manic. So I say to the guy, 'I've got to go to the toilet, I'll be back in a minute'. I've gone down to the gate to wait for the police as they can't find the house. At this point this guy has tried to make a run for it and my mate has got this guy in a fucking headlock so the police rear up the fucking driveway and try to arrest the black guy. So I'm like, 'Not fucking him! What're you doing?' They said, 'Oh sorry'. Unbelievable. He had left a mental hospital. Apparently he said he knew me. The guy who killed John Lennon said he knew him too, but you can't live your life worrying about that kind of stuff.

“Some fking Cockney d**k second-hand car salesman says, ‘Yeah, you might want to try f**king smiling next time’. He was lucky my wife wasn’t there that day. I’d have put him on his fat f**king arse. D**k”**

NOEL ON ONE OF HIS SELFIE HUNTERS



“Maybe I’ll retire from playing live. It depends how long you can be arsed. It’s fine when you’re young but I’m almost 50”

The elder Gallagher adds that his background has given him a quiet confidence, saying to me, “Growing up in Manchester, it’s a dangerous place, I can look after myself.”

He spent his childhood on the back streets of Burnage in Manchester, so I don’t doubt him.

Noel moved to London in the Nineties, taking up residence in Primrose Hill at Supernova Heights, a house famed for its constant parties with the Britpop crowd including Kate Moss and Damien Hirst.

It was so rowdy locals held a celebration when Noel left.

He gave up the all-nighters on coke “talking about pyramids, aliens, The Beatles and who shot JFK” and moved to the leafy suburbs of Hertfordshire for a quiet(er) life.

Noel and wife Sara, who he met in a nightclub in Ibiza, have a happy family life there with their two sons Donovan and Sonny. (His daughter Anaïs with ex-wife Meg Mathews is a budding model and TV presenter.)

Even though he loves London, he says he’d think about leaving if the Westminster “fat cats” get their way with gentrifying Soho.

And then he’s off, laying into how corporate greed could destroy the character of the area.

“Soho being up for sale is a real fucking worry because all those tiny little jazz alcoves and little bars are going to turn into touristy shit,” Noel says passionately.

“Boris Johnson needs to put his foot down and sort that shit out because Soho is a huge part of English culture. It’s such a great place. If it becomes Americanised, I don’t know what I’d fucking do. I might leave London.

“If you go up Oxford Street, you could be on any fucking high street in Europe. You go to Soho, it’s completely British. It’s unique and it needs protecting.”

The Who’s Pete Townshend and Benedict Cumberbatch are among the famous names who have got behind the campaign to try and save it from a corporate takeover.

Noel continues about Soho, “We live in an economic world and, of course, if you’re fucking Starbucks, you’re gonna outbid some little guy with a music shop.

“To think that Ronnie Scott’s might have to shut down is a disgrace.”

It isn’t just the looming threat to Soho that’s frustrating Noel: the closure of

music venues up and down the country is why he feels music is going to decline over the next 20 years.

“It will turn to shit,” he predicts.

“There’s no dirty little venues for kids to start out in. There’s Hammersmith Apollo and the O2, so any band has to start in the middle. There’s nowhere to work yourself up anymore. The powers that be would love to live in a world where the only venues are the O2, and how many artists are going to get to play in those venues? Not a fucking lot.

“I fear for young people starting out. Okay, so electronic music can be created in your bedroom but you can’t do rock ‘n’ roll in your bedroom. You need a rehearsal room and it needs to be loud and you need to be able to get out and fucking gig it.

“The dirty, scuzzy rock ‘n’ roll that we all love will get marginalised.”

Apart from David Bowie, there aren’t many artists Noel obsesses over, and as we know, there’s plenty he doesn’t rate.

“Royal Blood? Not for me,” he says.

“I’m not sure a band with two guys in it is going to change the world.

“I’ve been listening to a lot of new stuff. I really like alt-J’s *Left Hand Free*. Quite frankly alt-J can fuck off, but I like that

one. I like Jamie T and that Zombie track but I'm not a fan of Jamie T."

And then there's James Blunt. Noel and the former army officer-turned-singer have been exchanging blows for years.

The reason it's reignited now is because of the recent "too posh" debate.

Blunt claimed people in the music industry tried to get him to change his accent so he sounded less posh – a red rag to a bull for Noel.

He laughs loudly for a bit before saying, "Posh people are alright. I have a lot of posh friends. But James Blunt doesn't get people's backs up because he's posh, it's because he's fucking shit.

"What held him back is the fact he's fucking rubbish. That's shit about his accent, he sings in an American accent anyway. I don't think there are too many posh people in the arts – I don't think there's enough working class in the charts."

If Noel was as keen on Twitter as Blunt, their spat would be spectacular, so it's probably for the best Noel has no desire to be on social media.

"It's not for me, he says. "I have an Instagram account that I'll be doing on tour. I do a tour blog as well for the website but nobody needs to know what colour socks I'm wearing or what I'm having for breakfast. For me, there's not enough mystery in the world."

LOADED & NOEL

Twitter spats and the prospect of Starbucks sweeping into Soho is just part of our brave new world.

There's also selfies. And it takes a brave soul to go up to Noel and ask him for one of those, as he'll say 'No' as often as he says 'Yes'. And you can't blame him.

Noel doesn't have a driving licence so when he isn't using cabs, he walks and rides the tube – like he did earlier this month after playing the opening night of his new tour at London's O2.

Noel states his selfie rules are: "If I'm walking somewhere and on the move, well sometimes I don't want to be mithered, certainly not on a night out. If I'm standing still on the tube or in a shop or waiting for a cab, then alright, but not if I've got a pace on. It depends what mood I'm in. Some

days I'm in a 'No' mood all day." Got it. Basically only approach if stood still – but not on a night out.

"Some people are so fucking rude though," he adds. "Like this for instance – this just happened the other day, and even starting to tell you I'm getting wound up."

I sit back and get comfy on the sofa.

Speaking louder than previously and with a London accent where necessary, he explains, "Some fucking Cockney dick second-hand car salesman said to me as I'm waiting for a taxi, 'Excuse me mate, can you get a picture with my lad?' So I'm looking round and I'm like, 'Well, where is he?' So he shouts to his wife and some little kid comes out dressed exactly the same as his fucking dad.

"Well, this lad didn't have a fucking clue who I was.

"This lad is looking at me backing away, clearly no fucking idea.

"Anyway, I put my arm around him and he takes the picture and as the guy is walking off he's looking at the picture and says, 'Yeah, you might want to try fucking smiling next time'. I couldn't quite hear what he said but there was another guy walking past and HE said, 'That's so fucking rude!'

"So I shout after him, 'Oi! What did you say!?' But he carries on walking.

"He was lucky my wife wasn't there that day. I'd have put him on his fat fucking arse. Dick."

Noel must have a thousand entertaining tales, more than enough to fill a hefty memoir, but writing a book isn't on his to-do list.

"There were offers when I left Oasis and then again after Keith Richards' autobiography came out," he says.

"But if people just want to know about my time in Oasis, well, we were so open with everybody, there's no shit behind the curtain. I'm more private now of course. The things that put me off are: a) I couldn't have someone else writing it on my behalf and, b) the thought of writing it myself – I'd rather write an album."

Noel will be touring his new album for a while and, as you'd expect, the next few months are packed with gigs.

They include a headline show at the Royal Albert Hall for the Teenage Cancer Trust, of which he's a huge supporter.

He says about the cause, "It's so great now to see the TCT gigs as an important part of the calendar. It is a really wonderful thing." The TCT shows saw Noel join Damon Albarn on stage in 2013, putting 20 years of feuding to bed.

Noel once said, "I don't think there's anything that cunt could say that would redeem him in my eyes."

He doesn't feel like that now and says he is up for another collaboration.

"I'd be amazed if our diaries could ever synchronise but I'd love to do it," he says.

"But an album? Let's start off with a track, eh?"

Noel's getting itchy feet, although he's polite and says he needs a piss.

I can't blame him – he's been quizzed about Damon Albarn hundreds of times.

In a bid to do him a favour in interviews in the future, I ask him what his three most hated questions are.

Engaged again, he says, "'What's your favourite song you've written?' That's fucking annoying."

He adds his second most-despised question is, "What's your relationship with Liam like?"

(A summary of the answer to that one is the brothers last saw each other last May at the Etihad Stadium, on the day Manchester City won the Premier League title, but they also texted each other on Christmas Day. And what has Noel had to say about the fact 42-year-old Liam has got himself into bother by fathering a lovechild in New York? He said Liam's weakness has always been "the chicks".)

No prizes for guessing what Noel's third most-hated question is.

It's, "Are Oasis getting back together?"

He says about all three enquiries, "They are all of a certain level of annoyance. They all start with a preamble of, 'I know you don't want to answer this but...'. "


I can't resist and ask, "But?..."

"Ha. Good," he says.

He knows my game but answers anyway on the Oasis reunion question.

"Like Blur getting back together, they announce a press conference.

"So what I would say to people, if Oasis ever called a press conference, it's 99 per cent certain what is going to happen.

Until then, forget about it. But never say never." 

"Everything I've done since I left Oasis has come from my own pocket. I don't mean I lost money. I mean I lost a fking s**t load of money"**

Noel and his High Flying Birds will be headlining **T In The Park** on **July 12th**, **Latitude** at **Henham Park, Suffolk** on **July 19th** and the **Calling Festival** in **Clapham Common** on **July 4th**.
Tickets at livenation.co.uk.

Noel also plays the **Royal Albert Hall** on **March 28th**. See teenagecancertrust.org.

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NOEL GALLACHER



#Noelspotting 18

IRVINE
VS NOEL**CHOOSE WIT.****CHOOSE INTELLIGENCE.****CHOOSE TWO BRITISH ICONS
PUTTING THE WORLD TO RIGHTS.**

It's been long overdue. But the interview everyone needs to hear has finally arrived: Irvine Welsh quizzing Noel Gallagher. Almost 20 years ago, Welsh wrote a cover feature for *Loaded* about Gallagher – in which he declared the High Flying Bird was one of the world's greatest artists and inspirations. Now, Scotland's finest export is back on board with his old pal. During this question-and-answer session they set the record straight about booze, drugs, ageing, James Blunt (again), Russell Brand's 'revolution', music, movies, politics, terrorism, Twitter, political correctness and whether you should let your wife choose your clothes. Irvine also gets away with tackling one of Noel's most hated interview questions – that Oasis reunion.

IRVINE WELSH Hi Noel. Hope you are well and life is treating you good mate. What is floating your boat in the world of music and movies these days?

NOEL GALLAGHER Hi Irvine. Righto... in music? I choose the *Jungle* album. That was last year, but it's a great record. This year I haven't heard a great deal. Dance music has got really good again but I'm still discovering loads of old

stuff. Do you remember ESG from the Eighties? They're fucking brilliant, I'm into them.

Out of all the bands in the last two years, Jamie T has a couple of tracks and alt-J have a couple. But *Jungle* have about six or seven so that makes them the best as far as I'm concerned. In movies?

I loved *The Wolf Of Wall Street* but I've not seen anything this year. The last

film I watched was *Zero Dark Thirty*. I saw it the other night – I thought it was fucking awful. I've got to see *American Sniper* because Bradley Cooper's in it and he keeps saying to me, 'You fucking seen the film yet?' He's a fucking great actor. I'm on tour and that's always a good time to catch up on films. When I'm in the States, I've got a bit of time off so I can watch the 100 movies I want to see and can do that without being mithered.

#Noelspotting

“The Oasis thing just isn't on the horizon. It could happen. I doubt it very much, but it could do...”

IW In politics – Rusty's revolution or Dave/Nick/Ed's austerity?

NG Ed Miliband can go fuck himself. As can fucking Nick

IRVINE WELSH

#Noelspotting

**“I’ll go back to what I said before
about James Blunt. It’s not because
he’s posh, it’s just because he’s s**t”**

“Never, ever, ever wear anything that your missus buys you. It’s a sign of weakness and it’s the end – it’s the end of humanity”

Clegg, as can Dave. Miliband, honestly, when I look at that guy, I would be quite nervous if he was running the country. I think he was put there by his party and his party are communists. I dunno, I don’t get the Labour party at the minute. If Nick Clegg wants to become my butler, well he can do. Dave... he’s just a Bullingdon boy isn’t he? He’s not one of us, he’s one of them. And Russell’s revolution? Yeah... NO. Hardly a viable option is it? I think I might vote for the most ludicrous thing on the ballot paper. I don’t know what that might be but it was a pirate last time.

IW Do you think an independent Scotland would grant you citizenship? And would they let me back in?

NG Yes, of course. I have honorary citizenship. My kids are half-Scottish and my wife is Scottish, which pretty much makes me Scottish. Oasis was signed in Scotland, so yeah, they’d fucking love me. And I think they’d let you in Irvine. You’re one of their best ever exports.

IW Mediocrity on The Kippax and a curry with a few pints down Hulme, or trophies at the Etihad with a prawn sandwich?

NG Ha! I could have trophies at the Etihad with a curry and a few pints. I’ve never had a prawn sandwich, it doesn’t really sound that appetizing. Although I have been in a box with prawn sandwiches in.

IW What about reforming Oasis with Bonehead and Tony and Co, but finding a new lead singer? That mischievous thought must have crossed your mind.

NG Yeah, the Oasis thing. I don’t know, it’s just not on the horizon. But then saying that, neither was going solo. I might find it difficult to be on stage again with someone who tried to sue me. It could happen. I doubt it very much, but it could do...

IW I hear a lot about how plebs like you and I struggle to make their way in the

‘creative industries’ these days, and how it’s fenced off for the posh chaps with the resources. What’s your take on that?

NG I don’t know what it’s like these days. When we were all running around being mad fuckers in the Nineties – you, me, Oasis, Alan McGee, Primal Scream, Damien Hirst – I never gave class a second thought.

I was just meeting people from the same background as me.

I’ll go back to what I said before about James Blunt: it’s not because he’s posh, it’s just because he’s shit.

I was lucky to come through in the ’90s and I was lucky to have a patron like McGee who took us under his wing and sent us on our way.

It was a different decade and it was fucking great.

I thought the ’90s was great at the time. Looking back at it now, man, it was better than we all thought it was.

It was fucking amazing.

Pre-9/11, everything was better anyway. What I can’t stand is that now everyone is so easily offended now.

I was watching a bit of Celebrity Big Brother and anything that anyone says is ‘offensive’ and it’s fucking unbelievable. I was in the kitchen the other day and the news came on and it was reporting how Boris Johnson had said that these extremist guys who go off to fight in Syria are ‘losers’, and there was actually someone on the telly saying it was offensive to say that.

I was chopping a carrot and I almost chopped my fucking finger off!

I can’t believe that’s a news story.

So you’re defending these guys who go off to behead women and fucking slaughter kids and stone gay people and you’re not allowed to call them losers? **LOSERS?! Fucking hell.**

IW My missus bought me a cerise V-neck sweater the other day. I think it was a wind up. Do I wear it or bin it?

NG Bin it. Never, ever, ever wear anything that your missus buys you. It’s a sign of weakness and it’s the end. It’s the end of humanity.

My missus is an impeccable dresser, it’s

one of the first things I noticed about her. She wears it well and all that. But everything she’s ever bought me, I’m like ‘Really?’

I say, ‘What were you thinking?’ and she says, ‘I think it would suit you’, and I’m like ‘REALLY? I don’t fucking think so.’ So, do not ever let your missus dress you. Ever.

IW Social media – a valid tool for communication or a waste of time that drives you psycho?

NG If I was 25 I’d probably be right into it. I’d probably be able to work my computer like I play the guitar and all that. But I don’t need it.

I got this far in life without social media. I will say though that I will probably send pictures to my office for my Instagram account, but apart from that, it’s not personal to me. I will do things on tour. It doesn’t drive me mad, it just doesn’t interest me in the slightest.

IW I find it hard to get intoxicated these days. I just get tired and want to go to bed after a few drinks. Will there be a new wonder drug that will come along and rescue me or should I accept it’s a case of, ‘Old cunt – game over?’

NG Haha. Yeah, but you live in America. I would find it hard to get intoxicated in America too.

If you have two drinks in the afternoon, they think you’re an alcoholic. Irvine, you need to get back to Edinburgh and rack up an all day drinking session on the Tenants.

IW Have you been to see 50 Shades?

NG I don’t know. Is he a rapper? No, it’s not for me.

I’m aware of the book and the phenomenon but I have it on good authority from my wife it’s a bag of shite. I thought there was a rapper called 50 Shades? I’d rather go see him. ¹⁰



BE THERE NOW Turn over to read Irvine Welsh’s seminal 1997 Loaded cover story on Noel.



Archive

Working Class God



LOOK-BACK



Irvine Welsh wrote an ode to Oasis and **Noel Gallagher** that became *Loaded*'s cover feature in January 1997. It was seven months before the release of *Be Here Now* and four months before Labour swept to power. Reprinted here for the first time, Welsh told why Oasis represented the socialist dream in its purest, finest form and warned Noel against getting involved with Tony Blair.

First, straight to the point. I'm a bit of an Oasis fan. I admire Noel Gallagher as an artist, and I like him as a person. One of the luxuries for me in not being a journalist is that when I do dabble in it, I can write about people I like and/or admire and simply ignore the rest.

So what follows is basically an appreciation of Noel and Oasis rather than a slag-off. If you're going to find that boring, move on to the next article now.

Noel Gallagher is the man the student grant music journos love to hate. In what seems like the blink of an eye, his band have gone from being contenders to the biggest thing in popular culture at the end of this millennium.

The critics who dismissed *Morning Glory* – and there were quite a few – must be feeling a bit inept right now. The lesson that should be learned is not to write off anything by Oasis until you've played it a few times.

Their music has an insidious charge to it, insinuating itself, building up and getting better all the time.

On the first play *Morning Glory* didn't seem as good as *Definitely Maybe*, on the second it certainly was, and by the third it was a massive leap forward. Played now, *Morning Glory* from *Definitely Maybe* seems as big a jump as *Revolver* was from

Rubber Soul, where the opening bars of *Taxman* signalled a beautiful, bouncy, confident and menacing progression for the Beatles as a band, and a sea change in British pop music.

The reason Noel Gallagher is the most successful songwriter in Britain today is because he has the two most essential qualities any true artist needs: empathy

and courage. In other words, he knows where the punters are coming from and he has the bottle to put his vision of it out there. If you listen to *Morning Glory*, every song is BIG. It takes guts to go in with both feet every single time and come away with the ball, as Mr Gallagher invariably does.

Oasis are the rock 'n' roll band the rave kids love.

Their sound is as big and uplifting as the best house music, yet devoid of the flatulence and pomposity that traditionally affects bands who have the ability to produce a large, emotional sound.

For all their undoubted talent, the posturing of U2 or Simple Minds, disguised as showmanship, too often produces that very effect.

When the American media said Liam Gallagher was 'just standing there' they weren't getting it at all.

He wasn't just standing there. He was getting on with it instead of poncing around like a daft twat.

That's why the punters who've been through the house scene love the band and that's why Oasis concerts are such big, tribal, collective experiences.

So how did Noel come so far so fast? Having a brother with a charismatic stage presence and a great voice helped, but so did being the most talented songwriter of popular music around.



BACK TO BASICS Writer Irvine Welsh reckoned the key to Oasis' rampant success was their refusal to forget their rough Burnage roots.



Archive



“Oasis are smart enough to know they’ll be patronised anyway, just because they’re working class and successful. So what’s the point of getting into all the bullst with a**eholes?”**

In person I’ve found Noel G to be a warm and easy going man, who doesn’t take himself too seriously, but who is passionate about his work.

It may be surprising to a lot of people but I find him much in the same mould as the writer and Booker Prize winner James Kelman.

The media-arrogant or distancing defence mechanism is a common position adopted by successful artists from working class backgrounds, who are wary of being condescended to by those of less talent but from more privileged homes.

It’s easier for Noel to stick up two fingers at photographers and play up to posh cunts’ stereotypes of the gruff northern lad: bunging that particular scarecrow in the field gives him the space to get on with what he wants to do.

Oasis are smart enough to know they’ll be patronised anyway, just because they’re working class and successful. So what’s the point of getting into all the bullshit with arseholes? Noel is a very bright guy who’s far too busy making his intelligence work for him to waste it on affectations – a true creator rather than a critic.

The media circus that followed Oasis across the States in the hope of a ghoulish Sex Pistols-style self-destruction completely failed to understand the dynamics of the group. In the words of their biographer Paolo Hewitt, “The group are in a permanent state of splitting and reforming.”

Will they split? Of course. Will they get back together? Of course.

They want to tour, they don’t want to tour. They don’t give a fuck.

Why do they not give a fuck? It’s not because they can afford to, but because they can’t afford to.

If you start giving a shit and let others control your destiny, you generally go on doing it, then everything goes.

The question of being either U2 or Sex Pistols is something fans and critics and corporate people address regularly, but it’s a redundant one for Oasis.

They just get on with it and their career paths will be radically different from others. That’s what’s so sound about the



BROTHERS IN ARMS Despite their scrapping, Noel and Liam inspired a generation of underdogs.

current UK pop icon Noel Gallagher.

Damon Albarn and Jarvis Cocker will do it on their own terms and not with one eye on the American market.

Oasis is also from Britain – it's our party. You're more than welcome, but if you start telling us what we should be doing then you can fuck off.

My faith in human nature was revived at a party in Cannes where Noel G and Damon Albarn avoided each other, standing at opposite ends of the same room. The festival was a celebration of false intimacy and smarm, with the air-kiss and phony handshake almost obligatory.

Under these circumstances Noel and Damon's mutual antipathy injected some real humanity into the proceedings and they both rose further in my mind.

If you want to focus on Noel Gallagher's

faults, concentrate on the real issues. As Bob Morris of Nice Records points out, he calls a scooter a moped and it's difficult to imagine punters as sage and sussed as the Paul Wellers, Shaun Ryders and Jarvis Cockers of this world getting as hot about Tony Blair as Noel (and Damon for that matter) are reputed to.

This could be a generational thing, and I'm sure clued up gadgets will (unfortunately) tippie to that fucker's bullshit. Blair would have gone down a storm in Cannes. Peter Mandelson take note (NB: never trust any cunt who refers to rock 'n' roll as 'rock'. Hip test failed with Bachman Turner Overdrive colours. Do your fuckin' job Mr Mandelson!)

Oh aye, and I know Noel's had Paul Reekie and Gary McCormack (Scottish writer and former Exploited member, respectively) ejected from backstage parties on separate occasions.

The tabloid hysteria about Liam Gallagher and cocaine provides us with an illustration about how far removed from social reality the mainstream media has become.

I don't know the boy, but as far as I can see he does nothing any 23-year-old guy who has a life in Britain doesn't do or wouldn't do if they had the opportunity.

When Noel Gallagher writes about wanting to "be himself, I can't be no-one else", it's wrongly construed by

some critics as a limiting philosophy and a celebration of slovenly laddism.

To me that is just a fundamental misunderstanding of what Oasis are about.

It's about being proud of who you are, what you like and where you come from, but it's also about reaching for the stars.

It's all in you – it just means getting in touch with the infinite possibilities of the self, and one of the ways we do that is through art, or, as Brian Eno would say, through pretension.

Before Jimmy Reid of the Clydeside Shipyard workers lost the plot completely, he observed there was a guy on his yard who was a Wimbledon champion but who had never held a tennis racket in his hand.


That's what real socialism should be about – opportunity and the maximisation of individual human potential.

The Gallagher boys are going for it and are a brilliant example to every kid from every council estate who's had to listen to people telling them for the last 20 years, "You're fucking shite, we've got McJobs for you and that's only if you behave yourself." As Paolo Hewitt observed on the Morning Glory sleeve notes, 'The people always know'.

Finally, if this seems like an unduly overstated appreciation, I've got my personal reasons for liking Oasis.

Before I knew any of them, the Oasis/Creation camp did me a very big favour on behalf of a friend who needed it and to whom it meant more than they could ever know. It was done with the kind of understated self-effacing grace and generosity of spirit that made the media-arrogant image a mockery.

That to me is the real measure of the people we're talking about.

Did I ever say thanks? If I didn't, I'm saying it now. 

“I find Noel much in the same mould as the writer and Booker Prize winner James Kelman”

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It's rock folklore that their trailblazing career (with all its private jet-flying, limousine riding, groupie fucking, devil worshipping, booze swilling and drug taking) was cut short by the untimely death of drummer John Bonham in 1980.

He died at the age of just 32, choking on his own vomit after an epic drinking binge that involved 40 shots of vodka.

Most other bands would have got a new drummer and carried on, but not Jimmy Page, Robert Plant and John Paul Jones.

To them, Led Zeppelin was a gang of four and once one member was gone, the group could no longer continue.

The statement that announced their dissolution read, 'We wish it to be known that the loss of our dear friend, and the deep sense of undivided harmony felt by ourselves and our manager, have led us to decide that we could not continue as we were.'

Since the split, one question has been put over and over and over again to the surviving members (and it's not about that shark.)

The question is: will Led Zeppelin ever reunite for a full tour?

They last reformed – with Bonham's son Jason filling in on drums – in 2007 for the Ahmet Ertegun Tribute Concert, held to honour the Atlantic Records founder who signed them.

More than 20 million people applied for tickets for the concert on December 10th at The O2 in London – the world record for the 'Highest Demand For Tickets For One Music Concert'. It became the 'MUST-SEE' gig of the year.

Anyone who was anyone wanted in, and the band put on one of the performances of their career as the heads of Dave Grohl, Liam and Noel Gallagher, Kate Moss, Juliette Lewis, Dave Gilmour, Sir Paul McCartney, Naomi Campbell and Brian May banged along in unison.

Another must-see gig would be Led Zeppelin reuniting to play Glastonbury, and the clamour for it to happen grows every year.

In a frank interview, Page, now 71, tells me he concurs with the fans who want to see it – but says he can't do it without the right singer.

"I agree with them – it's good music isn't it?" he says with a knowing smile.

"I think the reason people want it is the fact Led Zeppelin's music has touched people all the way through the generations. Maybe I could just go out on my own then and call myself Led Zeppelin?"

Ever since the 2007 concert, Page has

WORDS Phil Hamilton PICTURES Jesse Dittmar/Redux/Eyevine

WHOLE LOTTA LED IN HIS PENCIL

CLASSIC
ROCK
SPECIAL

HE SHAGS A 25-YEAR-OLD AND BEAT ROBBIE WILLIAMS IN A PROPERTY ROW. JIMMY PAGE IS STILL EARNING A PLACE IN THE LIVING LEGENDS' HALL OF FAME.

wanted Led Zeppelin back together, but he can't convince Plant to do it.

And the singer's reluctance to play again is a thorn in his side.

"He's just playing games and I'm fed up with it to be honest with you," Page said. "He knows what the other guys think. Everyone would love for the band to play more concerts. I don't sing so I can't do much about it. So it just looks very unlikely doesn't it?"

While Page has been the one to keep Zeppelin's legend alive, Plant has reinvented himself.

He has attracted new fans with his various bluegrass, country and R&B solo albums. For Plant, the endless Led Zeppelin questions and Page's public pleas are more like an albatross round

his neck – and he seems to view Page as a grieving widow who can't let go of her spouse's memory.

When asked last year about Page's determination to get the band back together, Plant sighed, "I feel for the guy. He knows he's got the headlines if he wants them. But I don't know what he's trying to do. So I feel slightly disappointed and baffled."

But Page isn't going to wait any longer for Plant – he's stepping out on his own.

Page spoke with me to mark the release of the remastered deluxe edition of *Physical Graffiti* – Zep's sixth album – and revealed he will return to the stage later this year for a totally new venture.

"What I'm going to do is a project of my own," he said. "What I'm doing

**“WHAT I’M GOING TO DO IS A
PROJECT OF MY OWN. IT WON’T
BE ANYTHING THAT, HOPEFULLY,
YOU WOULD IMAGINE I’D DO”**



HIS EX FACTOR



SCARLETT SABET

Page has been dating the 25-year-old since January, and treats her to meals at Nando's.



CHARLOTTE MARTIN

The French model was Page's partner from 1970 to 1982. Page called her 'My Lady' and they had a daughter, Scarlet Page, together.



LORI MADDOX

Page is reported to have secretly dated Maddox in 1972 when she was just 14.



PATRICIA ECKER

Page was married to the model and waitress from 1986 to 1995. They had a son, James Patrick Page.



JIMENA GOMEZ-PARATCHA

Page met her in Brazil and they have two children together, Zofia Jade and Ashen Josan. The couple divorced in 2008.



"I CAN HEAR SOME REALLY GOOD RIFFS COMING OUT. HAVE YOU HEARD ROYAL BLOOD? I THINK THEY'RE REALLY GOOD"

is something that's going to be quite different really. It won't be anything that, hopefully, you'd imagine I'd do."

Page has already started rehearsing for gigs, but admits at his age it will take a few months to get his guitar playing up to the standard he set during his touring days with Zeppelin.

"How it starts off is that you have to play guitar and get match fit first," he says. "That's currently what I'm in the process of doing now. I'm sort of slowly in the process of doing that now. It'll be closer to the end of the year. I'm definitely warming up on the touchline, let's put it that way."

The anticipation for his live return is huge, but even though Page will be back doing what he does best very soon, the hedonistic days of Zep tours are in the past for the rock 'n' roll pensioner.

Again, the band's on-the-road antics are the stuff of music legend.

The most notorious of all Zeppelin myths began when the band played the Seattle Pop Festival on July 27th, 1969, then went to the Edgewater Inn.

Led Zeppelin biography Hammer Of The Gods – which got much of its information from their road manager Richard Cole – describes a graphic scene in one of the rooms.

'A pretty young groupie with red hair was disrobed and tied to the bed,' wrote author Stephen Davis. 'Led Zeppelin then proceeded to stuff pieces of shark into her vagina and rectum.'

A different version of the mud-shark incident has Cole as the fish-wielding culprit, and the band Vanilla Fudge have also claimed responsibility for the debauchery.

Zep were supposedly in the hotel at the time, and it's been said only John 'Bonzo' Bonham was around to see it.

There was also the story Page dated a 14-year-old groupie called Lori Maddox during the Seventies.

(He has refused to talk about the recent police spotlight thrown on the behaviour of entertainers in the Seventies, and when quizzed about it in one interview he said there was plenty of "water under the bridge" for performers in that era.)

Zep's reputation as hotel room trashers led to their TV-throwing antics being spoofed in *This Is Spinal Tap* and copied by so many bands that came after them.

A former NME writer once said Zep's rooms were "full of the stinkiest



groupies" and said their suites were "running in semen and beer and unpleasantness".

The private jet Zep hired to take them around the world to suck up every excess known to man was nicknamed The Starship.

It had a bar, 30-foot long couch, a living room, fireplace, VHS player, piano, bed with a white fur bedspread and a shower room.

Their craft saw a lot of groupie traffic, but there had to be a crash.

In the late Seventies the behaviour of the band and their entourage started to take a sinister turn.

They were said to be dangling people off the balconies of their hotel rooms and chaining groupies to radiators.

Page was once wheeled into a room of girls, naked and covered in cream. And insiders said his ego was out of control – evidenced by all the preening and pouting he was doing on stage.

After the release of *Physical Graffiti* in 1975 Page is said to have sank into heroin addiction (something he denies) and Bonham plummeted into the chronic alcoholism that killed him and ended the group in 1980.

Even though Page once described being on the road with Led Zeppelin as a "stag party that never ends", he tells me the experience of visiting every continent with the group was spiritually enlightening and musically inspiring.



DAZED AND CONFUSED Led Zeppelin set the bar for debauchery on tour ludicrously high.

And Page will go no further than that. You won't get concrete answers from him about groupie banging or that shark yarn: he knows his silence only adds to the legend.

Although Page has spent the last couple of years immersing himself in the remastered albums, he says he does not only have nostalgic tastes when it comes to music.

Maybe his 25-year-old girlfriend, actress Scarlett Sabet, has introduced him to the current crop of bands and artists filling the charts?

The couple were photographed in January coming out of Nando's – where they met to celebrate Page's birthday. They ate there despite Page being now worth an estimated £80million.

He has five children and two grandchildren and his eldest child Scarlet, 43, is 18 years older than his new girlfriend.


As well as dating a woman 46 years his junior, Page also recently exhibited the fact he still has fire in his belly by beating Robbie Williams in a property battle.

Williams abandoned plans to revamp his £17.5million Grade II-listed London mansion after Page launched a furious campaign against the renovation, saying any work would have "catastrophic" consequences for the exquisite innards of his own Grade I-listed mansion.

Unlike veterans Noel Gallagher and Slash, who see nothing but a bleak future for rock, Page believes music will evolve to adapt to a changing world.

When asked if modern bands lack the same killer riffs as Zep, he scoffs.

"No I don't think that at all," he says. "I don't think they are missing anything, like riffs or whatever. I can hear some really good riffs coming out. Have you heard Royal Blood? They're really good."

Page says his favourite thing is hearing Zep has inspired young acts to get together. "What people say to me is that what I've done throughout my life in regards to commitment to music is that it inspires young people to want to go and play and make their own music," he says. "Playing guitar has always been my hobby and to actually be able to make a living out of that and also make people happy, well, you can't be much more fortunate, can you?" 

The remastered *Physical Graffiti* is out now on Swag Song/Atlantic, with a companion disc of unheard material available at ledzeppelin.com.



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PICTURES ZUMA Press/Alamy

WORDS John Earls

“I WAS PROBABLY PRONOUNCED DEAD A DOZEN TIMES”

HIS DESTRUCTIVE APPETITE FOR SMACK, CRACK, GROUPIES AND GUNS MADE SLASH ONE OF THE WORLD'S WILDEST ROCKERS AND LEFT HIM NEEDING A PACEMAKER AGED 35. THE EX-HEROIN ADDICT REVEALS THE ONLY THING HE'S HOOKED ON NOW IS NICOTINE GUM. AND HE GETS ANGRY ABOUT THE FACT GUNS N' ROSES WOULD NEVER HAVE MADE IT IN TODAY'S DRY MUSICAL LANDSCAPE.

Slash is a man in a hurry. It's 10:30am when he greets me at his hotel room before a show in Chile, his trademark battered top-hat perched atop a mountain of curls and his shades jammed in place.

It's horrifically early by rock star standards, but Slash has been busy for three hours, with other interviews about his world tour and dealing with emails about his ambassador's role at Los Angeles Zoo (he's still a lover of exotic reptiles.)

Myles Kennedy, the singer on Slash's three solo albums and his touring vocalist, has voiced concerns about whether the guitarist ever actually sleeps.

It's a worry Slash only slightly dispels.

“Oh, I get enough sleep,” he laughs. “But, yeah, I'm pretty busy. If my body isn't busy, my mind is busy. It is non-stop in my head.”

South America is Slash's favourite place in the world – “The audiences are seriously passionate here” he says – but Chile is just the latest stop to promote last year's album *World On Fire*. It's the third record Slash has released since the start of the decade.

Compare that to his

old band Guns N' Roses, who have managed just one album, 2008's disastrous *Chinese Democracy*, in the 22 years since Slash played his last show with Axl Rose.

Slash plays in the UK at metal festival Download in June and has already nearly finished writing another album with Kennedy.

The reason for such a fevered workload? All the energy he poured into drink and drugs has gone into music since he got clean in 2006.

“I didn't deliberately pour all that newfound energy into my work,” cautions Slash. “But it had to go somewhere, and I've channelled it all into playing and writing. After I got clean, I thought, ‘Right, let's really get going’.”

Let's be clear: Slash used a *lot* of energy on partying from the moment Guns N' Roses started out in Los Angeles in the mid-1980s.

The title of their mega-selling debut album *Appetite For Destruction* was a nod to their reputation as The Most Dangerous Band In The World, and Slash was at the centre of it all, hoovering up enough class-A's and downing enough Jack Daniel's to make Keith Richards wince.



SLASH N' BURN Partying with Guns N' Roses, above, took Slash to the edge.

HIS EX FACTOR

Slash slept with so many women he was once gripped by a fear he had AIDS. Here's a handful of his conquests - one of whom also dated Marilyn Manson.



PAMELA ANDERSON

Long before starring in one of the Internet's first sex tapes with her Mötley Crüe husband Tommy Lee, Baywatch babe Anderson reportedly had

a fling with Slash when Guns N' Roses started to become known as 'The World's Most Dangerous Band.'



PAMELA MANNING

More of a star than Slash when they first got together, Manning was a regular in videos for Bon Jovi and Mötley Crüe before she became a backing dancer for Guns N' Roses. Photos of early GN'R gigs show a writhing, semi-naked Manning.



MEEGAN HODGES

Slash's current girlfriend, who he started dating after he filed for divorce from Perla Ferrar.

Mum-of-two Hodges previously dated Slash in 1989 - she was the housemate of Axl Rose's first wife Erin Everly and the GN'R bandmates went on double dates when Slash and Rose were still pals.



TRACI LORDS

In between first dating Hodges and marrying Renee Suran, Slash had a brief fling with porn star Lords. She also dated a pre-fame

Johnny Depp, Marilyn Manson and late rocker Joey Ramone but is now a happily-married mum.



RENEE SURAN

The guitarist and model were married from 1992-97.



PERLA FERRAR

Slash met second wife Ferrar backstage after a gig in Las Vegas. They married in 2001 but in December Slash filed for divorce for the second time. There was no pre-nup, and Ferrar is reportedly after half of Slash's multi-million-dollar earnings from the years since they wed.





He was once pronounced dead after a heroin overdose in a hotel room, only to check himself out of hospital because he had a show to play that night.

That was nothing compared to his history of excess. He lost his virginity aged 12, got a gram of cocaine for his 16th birthday from his first girlfriend and got hooked on shoplifting.

His parents, Ola and Anthony, split when he was eight after they had moved him from Stoke to LA — and his mum went on to have an affair with David Bowie. But once he joined Guns N' Roses, he really spiralled out of control.

Despite it all, Slash somehow found enough focus to keep going.

"No matter what state my life was in, music has always been my main lifeblood," he says. "But it's true that it's easier to make music now that I don't have any... ah... distractions."

He may find it easier to get the work done, but don't expect Slash to be a born-again convert preaching against hard living.

"I ain't the poster boy for sobriety," he laughs. "I don't miss any of the wild days, but I don't have any regrets about it."

Around the turn of the century, Slash began finding it harder to keep on partying, especially when he became a dad to sons London, 12, and Cash, 10, with estranged wife Perla Ferrar (who he's now divorcing.) "I wasn't getting any fun from it anymore," he shrugs. "I had a pathetic struggle for a while to maintain my extra-curricular activities, but it just got old."

"I was probably pronounced dead a dozen times and I'm so glad I came out the other side after so many near misses."

"But I'm not going to preach sobriety. I only stopped because I got burnt out."

Somehow, Slash has survived long enough to prepare to turn 50 in July.

"I'm not doing anything special to celebrate, but sure, it's a milestone," he muses. "The 20-year-old me would never have imagined there'd be a 50-year-old me." These days, Slash's only vice is nicotine gum.

"I quit smoking, but I can't quit nicotine," he sighs. "Nicotine is a real fucker." The only other trouble in his life is his ongoing divorce from second

wife Ferrar after 13 years of marriage. He filed for divorce in December and quickly moved in with Meegan Hodges, a mum-of-two Slash previously dated in 1989 during Guns N' Roses' heyday.

Hodges regularly tweets about their happiness, but the normally easygoing guitarist stonewalls any conversation about his new love, or reports that Ferrar is after half of his fortune.

"Everything is great with Meegan," he frowns. "But I'm not going to get into that. I won't discuss any of it."

He cheers up when he learns he's going to be featured as part of Loaded's Classic Rock special, which includes Jimmy Page and fellow Download Festival performer

**"I QUIT SMOKING,
BUT I CAN'T
QUIT NICOTINE.
NICOTINE IS A
REAL F**KER"**

Marilyn Manson. Slash once named Jimmy Page as one of his rock gods, saying he first listened to Led Zeppelin aged seven.

He later called their sound the most "sleazy, sexy" thing he had ever heard.

Today, he names his friend Keith Richards as his rock hero.

"Keith always was, and still is, rock 'n' roll personified," Slash enthuses. "It's not so much about the drugs and booze, but his dedication to keeping the Stones together. No matter how difficult his life was, he stayed a creative force."

Real name Saul Hudson, Slash was born in 1965 in posh London suburb Hampstead, where mum Ola designed dresses for David Bowie, while dad Anthony created album covers for Neil Young and Joni Mitchell. The family soon moved to Stoke-on-Trent, and Slash remains a fan of Stoke City.

When Slash was five, the family uprooted to LA where he began meeting rockers and film stars, but it wasn't until he turned 14 and first heard Aerosmith

that he devoted himself to music. After various childhood bands, Slash and drummer Steven Adler formed Guns N' Roses in 1985 with bassist Duff McKagan, second guitarist Izzy Stradlin and William Bailey, who was already going under the name Axl Rose in his previous band Hollywood Rose.

Slash quit in 1996, fed up of Rose's attitude to other band members.

He went on to form critically-acclaimed Velvet Revolver with some of his former GN'R bandmates.

"There's a lot about success I don't relish," reflects Slash. "People look at you differently when you're in that gigantic, glorified position and all the inanities that come with it are just a distraction. I'm happier now, being in the trenches and sweating it out. I just like getting the job done."

It's a long way from the decadence detailed in Slash's outrageously entertaining memoir, which documents everything from speedballing to threesomes with his bandmates.

It also tells how Slash's booze addiction left him needing a pacemaker for his swollen heart.

He was aged just 35 when doctors told him he needed the device fitted to keep his ticker ticking. And there is possibly nothing more rock 'n' roll than that.

So does he think rock 'n' roll is dead?

It seems so — and, reflecting on the current state of music, Slash is largely pessimistic about whether it will change.

"The record industry has been struggling to stay afloat ever since the fucking Internet was invented," he spits.

"The only thing that's guaranteed to succeed is cookie-cutter pop."

Would Guns N' Roses have been able (or allowed) to succeed today?

"No," he says flatly. "I don't see how it all would have worked if we were doing it now. I feel really sorry for anyone trying to do anything artistic."

"But getting your face on TV and the superficial popularity contests is how it's been for 20 years." ¹⁰

Slash plays the Download Festival on Sunday, June 14th. For more information visit downloadfestival.co.uk.

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NUMBER-CRUNCHING THE RIDICULOUS. THIS MONTH: ROCKERS' WILDEST DEMANDS.

OVERLOADED



They Said It

MUSICIANS' JUSTIFICATIONS
FOR THEIR GIG REQUESTS.



**"IT WAS MY TOUR
MANAGER'S IN-JOKE.
IT'S HIS RECIPE.
I CAN'T COOK."**

Jack White blames his crew for his rider's detailed guacamole recipe, including instructions to get particular-sized chunks of avocado and aged salami.



**"IT WAS TOUTED AS
SIMPLE ROCK 'N' ROLL
EXCESS. BUT WE ASKED
FOR THE BROWN M&MS
TO BE TAKEN OUT TO
TEST VENUE STAFF ON
ATTENTION TO DETAIL."**

Van Halen frontman David Lee Roth.

VITAL STATISTICS

NAME

Backstage Riders

DOB The 1980s, when Van Halen banned brown M&Ms from their contract riders.

FAMOUS FOR

Pandering to spoiled brats.



AS IMMORTALISED BY

Nigel Tufnel, who does his nut in This Is Spinal Tap when he finds 'tiny bread' on his buffet. He says, "I hate it. It does disturb me, but I'll rise above it because I'm a professional".

WEIRDY RIDERS



Two women aged under 21 and a hairdryer.
JAMES BROWN



A My Little Pony toy, jawbreaker sweets and candyfloss.
CHARLI XCX



Two space heaters, Bumble Bee tuna and a set of fine silverware.
NICKI MINAJ



A toilet containing rose petals. (Undoubtedly replaced after each flush by a private toilet attendant.)
BARBRA STREISAND

NONSENSE IN NUMBERS



NUMBER OF "LEAFY 6FT PLANTS"
ON PAUL MCCARTNEY'S RIDER.

PEOPLE IN MADONNA'S
ENTOURAGE. SHE ALSO
ONCE DEMANDED 20
INTERNATIONAL
PHONE LINES.

12

PACKETS OF
PICKLED ONION
MONSTER MUNCH
DEMANDED BY
LILY ALLEN.

33

YEARS SINCE
VAN HALEN'S
INFAMOUS
"NO BROWN
M&MS" CLAUSE
KICKSTARTED
INANE RIDERS.



THE NUMBER
OF STEP-BY-STEP
INSTRUCTIONS
IN THE
GUACAMOLE
RECIPE ON
JACK WHITE'S
RIDER.



SANDWICHES THAT
HAD TO BE PUT ON
VAN HALEN'S LUNCH
BUFFET AT VENUES.

24

NON-CARBONATED
500ML BOTTLES
OF SPRING WATER
REQUESTED BY
M.I.A. AT GIGS.

100

PEOPLE
WHO HAD TO
BE GIVEN A HOT
BREAKFAST,
INCLUDING FRESH
FRUIT AND JUICE,
ON A METALLICA
TOUR MUST-LIST.

BEST TO THE WORST

FUNNIEST

Noise terrorists Mogwai demand "a signed photo of Princess Leia from Star Wars" before deafening their audiences.

DULLEST

Before headlining Glastonbury in 2011 Coldplay asked for two crates of filtered mineral water, an unlimited supply of crudités and an assortment of gluten-free dips. They also asked for six packs of Marlboro Lights. (Don't tell their grannies.)

MOST PRETENTIOUS

The Arctic Monkeys demand a new novel "of the venue's choice" at each gig.

EASIEST

Four pints of potato salad – that's on Britney's rider, bitch.

DICKIEST

The Bloodhound Gang ask for a monkey. How drôle. Axl Rose orders flunkies to find him a square melon and Biffy Clyro asked for an eight-room private compound with shower facilities for 40 people.

MOST BRITISH

Mick Jagger settles for a shepherd's pie, a bottle of HP Sauce, a TV so he can watch cricket and a snooker table.

MOST OPTIMISTIC

Before Adam Yauch's sad death in 2012, Beastie Boys asked for "an assortment of rainbow-coloured condoms".



HEAD-TO-HEAD

GIANTS OF HEDONISM MÖTLEY CRÜE VS HOUSEWIVES' WET-DREAM JAMIE CALLUM

MÖTLEY CRÜE	NAME	JAMIE CALLUM
They used to drink whisky by the bottle, but now demand a detailed list of local Alcoholics Anonymous meetings.	BOOZE	Twenty bottles of Moët, 20 bottles of lager, four cans of Guinness, bottles of red and white wine, a half-bottle of rum and 12 bottles of water, ginger ale and whisky.
Jars of peanut butter and mustard. And a 12ft-long boa constrictor. (But that's only there as a joke apparently.)	FOOD	Crisps, nuts, yoghurt, bananas, apples, pineapple, grapes and Marks & Spencer sandwiches.
"When we quit drinking, our rider became so boring that we were embarrassed by it. Every now and then, a promoter with a sense of humour will actually bring the gun." (Guitarist Nikki Sixx, referring to the sub-machine gun Mötley Crüe would add to their riders as a joke)	FROM THE HORSE'S MOUTH	"I like ginger ale and whisky. If that's not there it feels odd. That's still my drink of choice. Not 10 glasses, but that's my preferred taste to go on stage with." Callum also demands on his rider that the ice supplied for his drinks has no sharp edges.

Requests From This Issue's Veterans

NOEL GALLAGHER

Back in his Oasis days it was "lots of" Guinness, "lots of" beer, "lots of" red wine, "lots of" vodka, a bottle of whisky, Monster Munch, Wotsits, Doritos and a dip assortment.

JIMMY PAGE

Drink, drugs and groupies were on tap in the Seventies. When Led Zeppelin reunited in 2007 their rider included an ironing board, coffee and tea.

SLASH

He's teetotal now. But when he was in Guns N' Roses, the band's gigs demands included Wonder bread, Dom Perignon, cigarettes and an "assortment" of porn mags.

SPEAKY RIDER

TRANSLATING BANDS' DEMANDS, FROM SNEAKY DRUG REQUESTS TO DIVA REQUESTS FOR BOOZE.

"No Moët, no show-et. No Chandon, no band on"

A common clause first used by Mancunians The Buzzcocks meaning, "If there's no champagne, we shall not be performing." No-one cares what they demand now.

"Has it been stirred anti-clockwise?"

A muso reference to Jennifer Lopez, whose rider was said to stipulate her coffee must be stirred in a certain direction.

"Flowers & Catering"

How drugs were referred to in rock stars' accounts, until the taxman cottoned on.

DISSECTED BY John Earls

EXCLUSIVE COLUMNIST



BAND AID

Loaded's original gonzo journalist Martin Deeson highlights the pitfalls that await hellraising groups on the road, and reveals how to sidestep them in his 12-Step Survival Guide.

To tour with a band is to enter a world where all the normal rules are reversed. Unfeasibly attractive women chat you up. Your name is always on the guest list. And you're getting paid to get high, get laid and listen to and (hopefully) make great music.

It is a theme park for young men and women. But there are many pitfalls.

So if you want to survive, listen to me.

You may ask, "Why should I listen to you? You've never been in a debauched band." Yes, but I'm the next best thing.

I've toured as a journalist with Ozzy Osborne and the Rolling Stones, and, by observing them, I was able to construct rules to stop lesser bands going too far.

"Few of us have had the presence of mind to take the experience of waking up from a heroin overdose in a wheelie bin and use it for a lyric"

NEVER SHIT ON THE TOUR BUS

I made this mistake once within minutes of arriving on a tour vehicle I was sharing with Bez from the Happy Mondays. I thought, 'This bus is so posh it's got a sit-down loo, I need a poo and I can't see how this will pan out badly.' Bez hasn't spoken to me since he got a whiff of the results. Although that could be because I haven't actually seen him since.

WATCH WHERE YOU STEP

It is traditional on tour to grab a few minutes sleep wherever you can. In 1996, Nikki Sixx, the bassist from Mötley Crüe and all round heroin hog, OD'd while on tour in London and passed out in a dealer's house.

The dealer reportedly tried to 'bring him round' using the novel and medically unconventional method of beating him repeatedly with a baseball bat.

When Sixx failed to respond, the dealer assumed the travelling musician was dead, and, wishing to avoid awkward questions with the rozzers and the Press, dumped Sixx's body in a nearby bin. Inevitably, being the man that drugs cannot kill, Sixx awoke.

We've all been there, but few of us have had the presence of mind to take the experience of waking up from a heroin overdose in a wheelie bin and used it for a lyric. Sixx is one of the few with that enviable stamina, and the line, "Valentine's in London, Found me in the trash" from Crüe song Dancing On Glass is his reference to that night out.

DON'T SHARE A HOTEL ROOM WITH THE DRUMMER


Tour buses are full of jokes about drummers ("What do you call a drummer who's split up with his girlfriend? Homeless", or, "Why do bands have bass players? To translate for the drummer," and so on.) The reality is drummers are a much maligned bunch who are not necessarily thick, but they are animals who will steal your drugs and try and shag your girlfriend. Be warned - drummers are also the most likely members of band to die of an overdose, so beware of going head-to-head with one in a drug-taking contest.

TRY REALLY HARD NOT TO DIE

Showing off is part of being on tour. Snorting lines of ants (Ozzy) and having sex with amputees (most bands after a while) is just part of the fun, but you should always be aware of the normal health and safety considerations as outlined by your manager in the pre-tour briefing. In 1982, Ozzy Osborne's guitarist Randy Rhoads attempted to buzz the tour bus in a light aircraft. Unfortunately the pilot, who had been up all night doing the hokey cokey, clipped the bus with one of the wings, killing himself and everyone else on the plane and putting everyone on the bus who witnessed it into therapy.

DO NOT TURN INTO METALLICA

I once flew to South Korea for 72 hours to interview Metallica. I had been promised 'Alcoholica', the hardest partying rock 'n'



DULL METAL
Be careful, but not
so cautious you become
as boring as Metallica.

roll band in the world. What I got was four bored businessmen telling how much they hated the Internet for stealing their songs. At this point they had been on tour for two years and were so sick of each other they couldn't share a limo to the gig and were just realising they had only ever written one good song (Enter Sandman, obviously.)

DON'T FALL OFF THE STAGE

I did this in Northampton. These were in the grandiose days of Loaded on tour in 1996, or maybe it was '97. Strangely, I don't remember. Equally strangely, I didn't feel anything either. Until the next day, when what I mainly felt was the humiliation of realising that I am not, and never will be, in a rock 'n' roll band.

MAKE SURE THE REST OF THE BAND AREN'T IDIOTS

Being in a band is frequently about sharing confined spaces: the tour bus, the tour bus toilet, the dressing room where you can barely squeeze in around your frontman's ego, that kind of thing. So you better make sure you get on. Last November, New York indie band Interpol were trapped in their tour bus for 60 hours during a blizzard. Apparently when they were rescued their drummer was almost at the end of his first anecdote.

HAVE A GOOD LAWYER

Legal representation is essential in a touring scenario as you will get nicked,

probably in the Deep South, by a copper who's still not forgetting the high falutin high jinks they had the last time they lynched someone for downloading a Marilyn Manson track. So, beware. In 1989, Guns N' Roses guitarist Izzy Stradlin got so bored with waiting for a toilet cubicle on his flight from Indianapolis to Los Angeles he took a piss in the galley area. After his unsurprising arrest, Geffen Records appealed using the First Amendment, saying, "Relieving himself in the galley was just his way of expressing himself."

STEER CLEAR OF THE FREAKS IN THE DRESSING ROOM

This tip's from an interview with Ian Ball of Gomez. He said, "A good rule is to never sit next to the dressing room door, because when the crazy people invade they latch on to the first person."

He added, "The craziest invader we've had was probably Ewan McGregor, who turned up in Sydney. He was really exuberant because he'd just finished Star Wars and had consumed half of Scotland's whisky. He came barrelling in like a cannonball, saying, 'HeyyouGomezguysarefuckingcrazeeee'. But that was actually pretty good fun." Usually though, it's a fat stalker.

WATCH THE DRUGS

Drugs and touring go together like watching Tess Daly and reaching for the remote control. Gemma Clarke

of the Suffrajets/Babyshambles said about this issue, "The first gig I did with Babyshambles, the venue got trashed, the ceiling came down, there were riots and the police were called.

"The first month in September 2004 was tremendously exciting, but the drug-taking soon nosedived.

"I would be downstairs in my pyjamas and they were upstairs in a crack den.

"We had a chat but Peter Doherty wasn't coherent. On the road now with the Suffrajets we worry more about stopping to get a sandwich, not, 'I've run out of crack, can someone get some heroin?'"

DO NOT FORGET WHAT COUNTRY YOU ARE IN

Thanking the wrong country or city on stage is as bad as arriving late for Live Aid and shouting, "Hi! Here's a big shout going out to the people of Ethiopia! We'll be back here soon later in the tour!"


NEVER, EVER TRASH THE DRESSING ROOM

Someone's mum's gotta clear that up. And you'll never get booked to play the venue again if you break it, you dick. Don't even smash up the hotel room. It's so 1960s.

This isn't the room next to Janis Joplin in the Chateau Marmont.

It's a ring road off Basildon, and smashing up a Premier Inn is just stupid.

Anyway, who'd notice?

Only Lenny Henry. 

THE DEVIL IN DISGUISE

PICTURES *Ivo Schneider*

WORDS *John Earls*



THE BOREDOM OF REHAB, GETTING MATCHING TATTOOS WITH JOHNNY DEPP AND BEING ABLE TO SHAG WHOEVER HE WANTS. WELCOME TO THE RESURRECTION OF 'GOD OF F**K' MARILYN MANSON.

It's well-known in the music industry that, to 'intimidate' journalists (and/or maintain his vampiric reputation) Marilyn Manson keeps his meeting rooms at freezing point, and in almost total darkness.

Sure enough, when I'm summoned to a suite at Kensington Royal Garden hotel that is Manson's temporary office while he's in London, the curtains are drawn, the lights are down to their dimmest setting and there's an icy chill in the air.

But perhaps the most shocking aspect of a singer famed for owning a child's skeleton and masks made of human skin is that Manson is actually kinda sweet.

He laughs a lot, does terrible comedy impressions of British accents and cheerfully poses for a photo after our allotted one hour is up – even though the gloom means it takes his PA three attempts to take the snap before the iPhone flash finally goes off.

Such good humour can partially be attributed to the fact that, at 45, Manson has made more friends than he's ever had in his life. He appeared last year as white supremacist Ron Tully in the final season of FX drama *Sons Of Anarchy*, becoming pals with several of the cast.

"I never had friends or siblings to stick up for me," he says in his laid back Ohio drawl. "*Sons Of Anarchy* is a show about brotherhood, and I'd never known what it's like to have mates. Maybe I shut it out, as I didn't understand how to balance chasing romance with having guy friends."

He took the role partly to impress his father, retired flight engineer Hugh Warner, and says about him, "Dad was beyond elated to meet the cast, and I got him to smoke marijuana with several of them." Manson grins when he tells that story, his famed pale make-up staying fully in place.

Manson's dad has also got to hang out with his son's most famous mate, Johnny Depp.

An odd couple you might think, but maybe it's Depp's love of the macabre

via working with Tim Burton that make them kindred spirits.

The pair were photographed together last year heading off for an afternoon natter – with Depp carrying a weed pipe in his hand.

Depp has played guitar alongside Manson at his gigs and in 2012 the pair produced a cover version of Carly Simon's 1972 hit *You're So Vain*, with the movie star playing drums and Manson singing.

Manson says about his Hollywood mate, "Johnny's got my back. Literally – we have matching back tattoos."

They were inked in 2012 on the inside



THE DARK LORD Manson says that finally, in middle age, he's not a loner anymore.

of their wrists with a skeleton and a tree based on wild-living French poet Charles Baudelaire's book *Flowers Of Evil*, along with the words 'No Reason'.

Why did they do that then?

"Precisely, for no reason," Manson says. "We plan on getting another tattoo with the words 'Faded, faithful, fatal', which is a line from Johnny's favourite song, *The Mephistopheles Of Los Angeles*, from my new album."

Ah yes, Manson's new album, *The Pale Emperor*.

The self-styled 'God of Fuck' is well aware not many of his 70 million album sales have come from his most recent releases. But he says he's got his swagger back this time, describing the record as "cocksure".

Naturally, the devil plays a part in the new release.

"The hell hounds have been on my case," Manson smiles. "This record is the devil saying, 'You've got to pay up, motherfucker'. It is where I pay my own demons."

The Bowie-influenced new album is Manson's tightest and most commercial since 1998's mega-selling *Mechanical Animals*. He says it's cleaner because he's got back in shape – kind of.

"I stopped drinking absinthe in October," says Manson, who owns an award-winning absinthe line, *Mansinthe*. "But only for vanity purposes. It's got too much sugar in it, so it doesn't suit the physique. Besides, I never really liked the taste. Absinthe really gets you fucking wasted, but you have to get past the taste first. It's an acquired taste, but so is dogshit."

Tapping his glass, which I naively assumed was water, he says, "I've switched to vodka."

In an interview in 2012, Manson said he'd already cut down on boozing, and only drank when he was happy.

But he tuts now, "Yeah, that was the rehab talking."

Manson had entered rehab at the time he gave the interview, and also had a spell in a Los Angeles mental hospital for his drink addiction.

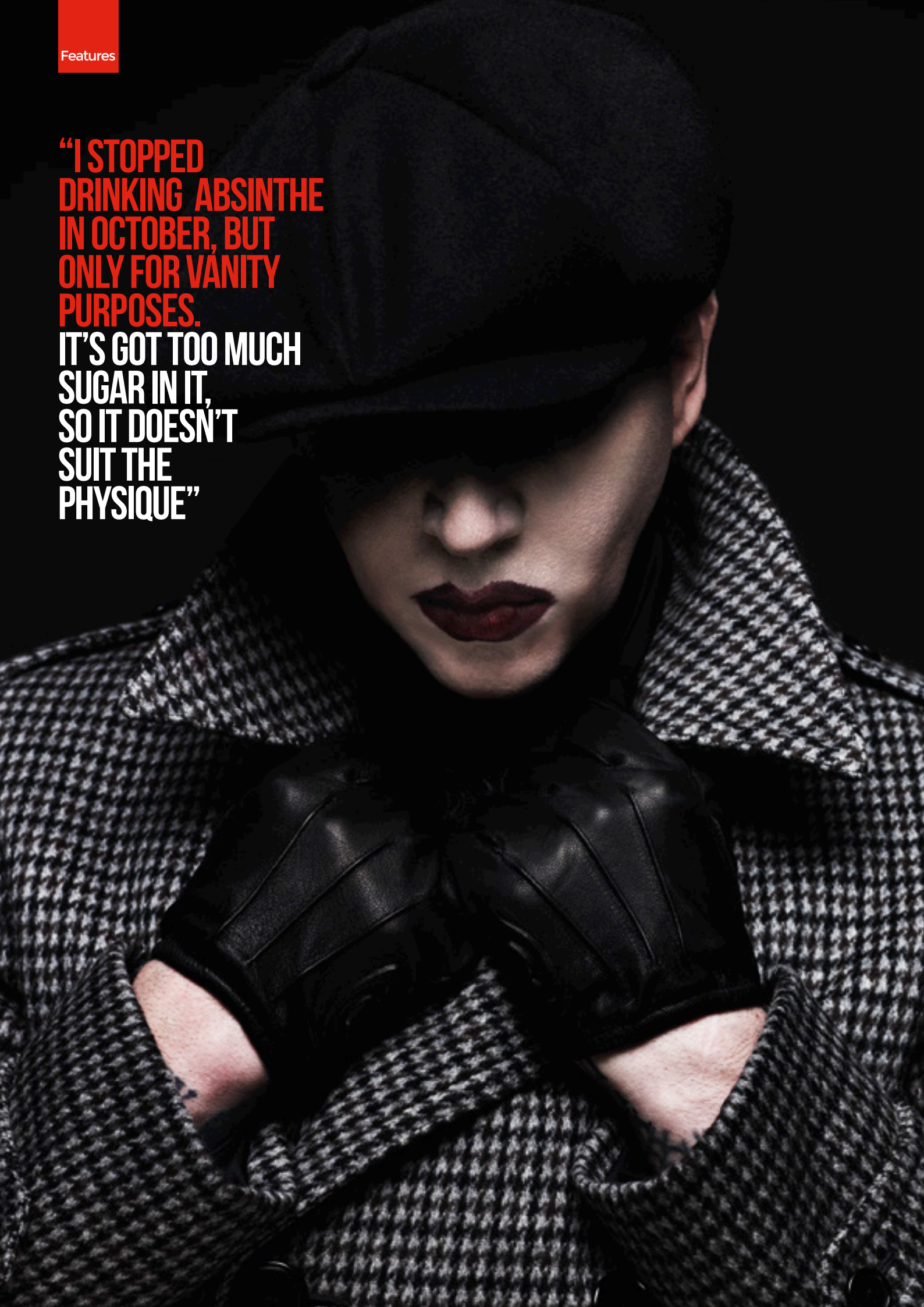
But he insists when we speak, "Rehab and hospital were both very boring, not as exciting as I thought they were going to be from TV. I thought a mental hospital would be full of drooling people, and it's not. That was disappointing."

So much for being on the wagon then – though Manson does reveal his gig with Depp at Hollywood club *The Roxy* last Halloween was the first time he'd gone on stage sober.

"I still had the same smeared vision of reality as I always have on stage," he muses. "That was interesting, as I realised that being on stage is a high you cannot recreate with any drug or alcohol

**"I STOPPED
DRINKING ABSINTHE
IN OCTOBER, BUT
ONLY FOR VANITY
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**IT'S GOT TOO MUCH
SUGAR IN IT,
SO IT DOESN'T
SUIT THE
PHYSIQUE"**



you can imagine, and I may have combined all of those in the past.

"I still do – by no means am I advocating sobriety."

Manson is next on stage in Britain at the Download Festival in June, and says his gigs highlight the insanity of being a rock star.

"As a kid, I went to rock shows to see the girls who wanted to fuck the band," he chuckles. "Now, I'm in the band that those girls want to fuck. I wanted The Pale Emperor to be for everyone in the audience wanting to fuck, while I get to fuck whoever I choose."

It's easy to see the bullied school kid having his revenge on the world by making such boasts. Manson admits his memories of "regular ass-beatings" in his youth feed into songs on the new album such as *Slave Only Dreams To Be King*, which opens with his *Sons Of Anarchy* co-star Walton Goggins playing a hellfire preacher.

"I channel the zealous preacher and the woman tied to the bed possessed by demons on the album," says Manson.

"They're very similar. My parents weren't very religious, but they did send me to Christian school, which led to me getting busted up old-fashioned style."

"This wasn't cyber-bullying. I had my jaw broken by bullies as a 12-year-old, so my jaw doesn't function properly."

"It's a good job I don't give blowjobs, as I wouldn't be able to do it right! That's why I don't want to go to prison."

Partly for research for his role in *Sons Of Anarchy* and partly in his determination to stay looking thin, Manson has started to become physically dangerous, to match his reputation for trying to scar the world's psyche.

"I started fight training before making the album," he states, glaring at the metal knuckleduster-style tubes that adorn his fingers. "I want to kick people's asses. I'm tempted to use fight training on a daily basis, to defend what I love and care for. Sometimes, I get a bit macho."

It's hard to imagine that, from someone who's been such a pussycat during our time together.

Manson already did a lot to dispel his reputation as a creep when he appeared in Michael Moore's 2002 documentary *Bowling For Columbine*.

In the aftermath of the 1999 Columbine school shooting, he was blamed by politicians and US conservatives for inspiring cowards Dylan Klebold and Eric Harris to violence. Despite the fact the two student shooters were actually fans of Eurotrash metal bands such as



Rammstein, Manson was the closest American equivalent and he got it in the neck, as is the norm in the US, where artists instead of the gun policy is blamed for outrages like Columbine.

Moore interviewed Manson on screen and asked him what he would like to say to the people of Columbine.

"I wouldn't say a single word to them," Manson calmly replies. "I would listen to what they have to say. And that's what no-one did."

Seven years after *Bowling For Columbine* was released, Justin Doucet, a schoolboy in Louisiana, forced a teacher to say, "Hail Marilyn Manson" before shooting him and then shooting himself – hurling Manson into the same Columbine finger-pointing again.

Despite his peaceful demeanour and protestations he had nothing to do with such killings, there's no escaping the fact Manson's musical obsessions are youthful alienation, violence and a dedication to living on the edge of society's norms.

It probably has a lot to do with the fact he had a fraught relationship with his parents – Barbara Werner and military man Hugh.

Born Brian Werner in Ohio in 1969, Manson has been brutally open about

his past – telling how he lashed out at his mum and hated the Christian school to which he was sent and how he was battered by other kids who thought he was gay.

Contrary to probably one of the finest showbiz hoaxes ever, Manson did not start out as a child actor as the geeky one out of *The Wonder Years*.

His first job was as a rock journalist, before he started his first band, Marilyn Manson And The Spooky Kids.

But back to the fact Manson told me he still gets to "fuck whoever I choose".

He said in February he was "newly single" so it sounds as if he's enjoying it.

In January, he said in another interview he had a girlfriend, but added he only went out with her "because she is willing to do whatever it takes to be with me".

God knows what that involved.

Manson is, after all, the man who says he's a "handful" to date, and whose exes include burlesque artist Dita Von Teese and actress Evan Rachel Wood.

His marriage to Von Teese was a gothic dream: they carried with them a heavy hint of a deviant sex life and were the Posh and Becks for goth teens.

His other exes have included actress Rose McGowan and a stack of porn stars.

But despite the goth glamour, Britain has struggled to 'get' Manson – and he knows it.

He has said about his fight to crack the UK, "This has always been the most cynical and calculating country, and the country I most want to impress. All my heroes are British, whether it's Aleister Crowley or David Bowie. All the best art has come from your godforsaken island. And it makes me mad."

Manson – which is how he prefers to be addressed, rather than 'Marilyn' – says that after all the boozing and womanising, he is finally back on track musically. He summarises, "I'm doing it how I want and no-one gets in my way. I've been given a spot in life that I worked hard for, scarring myself mentally and physically, and I've remembered not to walk on stage without my dick being tied to the right so that I can swagger."

But I reckon the devilish act is basically mostly a disguise, and I think hell would freeze over before Manson would ever be intentionally vindictive.

It seems even his intimidation of journalists via his freezing air conditioning setting is all a front too.

As our interview wraps up, Manson politely asks his PA, "Annette, can you turn the air on off? It's cold as shit in here." ¹⁰

HIS EX FACTOR

DITA VON TEESE



Manson married the burlesque dancer in 2005. They divorced a year later due to "irreconcilable differences".

ROSE MCGOWAN



The actress was engaged to Manson from 1998 to 2001. McGowan, who performed backing vocals on *Mechanical Animal*, says they split over "lifestyle differences".

EVAN RACHEL WOOD



True Blood star Wood was engaged to Manson for several months in 2010 and inspired his song *Heart-Shaped Glasses*.

AND JUST SOME OF THE REST...

PORN STAR *Stoya Student*, MODEL *Isani Griffith*, PORN STAR *Jenna Jameson* and, yes, ANOTHER PORN STAR *Traci Lords*.

Three red dice are scattered on a wooden surface. One die is at the top right showing 6, 5, and 4. Another is on the middle left showing 5, 3, and 1. The third is at the bottom center showing 1, 2, and 3.

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THE FUTURE

SERIAL KILLERS DEALING DEATH VIA SMART PHONES, HITMEN REMOTELY SWITCHING OFF PACEMAKERS AND TERRORISTS HIJACKING PLANES FROM INTERNET CAFÉS. DONAL MACINTYRE INVESTIGATES THE TOOLS OF KILLING ON OUR NOT-SO-DISTANT HORIZON.

It is the darkest realm of technology, and warnings are rife no-one is prepared for the crime wave it will bring.

It's the world of "online murder". And I'm not talking about killers who hunt victims online (like John Edward Robinson, dubbed 'The Internet's first serial murderer as he met his prey on chat rooms.) No, I'm talking about the threat posed by technology linked to the rapidly-evolving 'Internet of Things'.

The IoT will leave us all extremely vulnerable to cyber psychos, but most of us have no idea of the threats that are looming. If you haven't heard of it – and you should have by now – the IoT, or 'Internet of Everything', is a new dawn of technological interconnectivity in which every one of your electronic devices, from your kettle to your car keys, will be linked so they can 'talk' to each other by storing data about your movements and habits.



JACK ATTACK
Late hacker
Barnaby Jack.

Much has been made so far about the Big Brother threat of the IoT – the fear a mass of data about your daily life is being stored and uploaded by corporations who own the devices you use every day will be one day used against us all.

But the real life-threatening element of the IoT is cyber homicide.

European crime fighting branch Europol have been warning for months the world is not prepared to cope with the onslaught of criminal activity that will be brought about by the IoT.

They have said police techniques must "adapt and grow" to prepare – and yet almost nothing has been done so far.

As always, we will probably end up reacting to new forms of crime when they happen instead of trying to prevent them.

So what are the main ways you could fall prey to a cyber killer taking advantage of a brave new world of tech?

Hackers including the late Barnaby Jack have the answer.

Jack was a web pirate who died aged 35 last year after overdosing on heroin and coke at his San Francisco flat.

Police ruled there was no foul play, but his OD death prompted a flurry of conspiracy theories online from his fans.

The reason there was so much

suspicion was that New Zealand-born Jack was among an elite group of individuals exposing flaws in huge corporations' electrical devices.

Jack was one of the world's most prominent "white hat" hackers – someone who uses their technical skills to find security holes before criminals can exploit them.

He claimed he had the ability to kill someone who had a defibrillator in their chest from as little as 30 feet away. The key was exploiting the wireless technology built into pacemakers.

It's not a new fear. The idea to murder by hacking a pacemaker was shown on the US thriller series Homeland.

And the flaw in pacemaker technology frightened former US president Dick Cheney so much he had the wireless function on his pacemaker disabled because of the possibility it could be hacked. Jack didn't stop at pacemakers – he also pointed out a flaw in a widely used insulin pump and showed how it could be manipulated to deliver fatal doses of the drug.

The worst thing about this type of hacking is it would be incredibly difficult to locate the perpetrator as it can be done remotely. It's not only pacemakers or insulin delivery systems that are deadly – objects not connected to the body will also become murder weapons in the expanding digital age.

'Smart homes' will be the future for the IoT – where everything is connected, including heating systems.

There have been predictions it will make burglaries and killings easier as locking systems will be vulnerable to hacks.

Boilers could be set to explode and poisons could be left to filter through air

"The dystopian vision of future crime is that hacking and Artificial Intelligence will be used to maim, kill, blackmail and spy"

OF MURDER



BLACK ARTS
Chris Hemsworth and Viola Davis in Michael Mann's nuclear hacking thriller Blackhat.

vents. It may sound like sci-fi at the minute, but a booming industry is about to take off concerned with providing security for IoT devices – in the same way as anti-hacking software is available for computers.

Rod Rasmussen is president of IID, just one of the firms providing cyber security solutions.

He says, “There is already a huge underground market where you can buy and sell vulnerabilities that have been discovered with technology.”

His firm has predicted the world’s first “death by Internet” is imminent in the form of electrical devices being manipulated to kill.

The hacking of electrical devices to set them to destroy is the stuff of recent cyber-crime thriller Blackhat, in which a hacker causes a nuclear plant to blow up by fiddling with its coolant pumps.

A more terrifying future for murder is now also focusing on hacking humans.

Again, it may sound like the stuff of The Matrix, but there are genuine fears hackers will be able to access brain waves and memories to kill or blackmail victims. It is theoretical at the moment and it may be decades away, but it is still the bleak future being envisaged by security experts.

One study on what is known as

‘Neurohacking’ involved a person being hooked up to an ECG. The subject was then shown a pin pad of an ATM machine and asked, “What is your PIN number?” With a 30 per cent degree of accuracy, researchers were able to identify the correct digits by analysing brain waves – while the subject remained silent.

There are fears brain reactions could be used to extract information such as bank account details and sensitive personal details.

The military have already been working on various ways to use neuropharmaceuticals to erase traumatised soldiers’ horrific memories so they can go on serving without post-traumatic stress disorder.

But that experimentation has sparked paranoia that if organised crime gangs got hold of such techniques, they could kidnap victims and threaten to erase their entire life’s memories or brain damage them.

Another dystopian view of future crime involves the use of Artificial Intelligence to maim, kill, blackmail and spy. We already use AI every day – in the programmes processing our Facebook updates and GPS requests.

But the dawn of the robot in the home links AI to the hacking phenomenon,

and there are fears cyborgs could be hacked to kill their ‘masters’.

If the fears about hacking sound too far fetched, think of the missing Malaysian Airlines aircraft MH370.

There have been theories it was downed by hackers – theories strengthened when a group claiming to be part of the Islamic State recently hacked the Malaysian Airlines website and left a message about ISIS.

The hacking war has been waged between Iran and the US for years.


In 2011 Iran crowed it had hacked a US drone and tricked it into thinking an Iranian airport was its home port.

It was believed to be retaliation for a hacking attack the US launched on Iran’s nuclear bomb-building technology in 2010.

Formula 1 is also easy meat for hackers looking to cash in on bets.

The Russian-sponsored Marussia F1 team has admitted it was attacked by Trojan hacking software.

Andy Crocker, a former cyber cop at new Scotland Yard, said, “F1 is worth billions and it is open to hacks from protestors looking to cause mayhem, or betting syndicates aiming to cash in on accidents or fix races by rigging crashes.

“Basically, if it can be hacked, it will be hacked.” 

WORDS **Dan Brightmore**

PICTURE Damon Winter/NYT/Redux/Eyevine

**“I COULD
SURVIVE
IN PRISON...
BY BITING
SOMEONE’S
EAR OFF”**

Will Ferrell gets hard about
white-collar crime, freedom of
speech and staying provocative.

"THIS GIRL WAS LOOKING DOWN AND SAYING, 'LOOK!' BUT SHE WASN'T EXPOSING HER BREASTS - SHE HAD MY FACE TATTOOED ON HER CHEST"

Q&A

LOADED Alright Will? Your latest movie is *Get Hard* where you play a city slicker who's wrongly convicted of tax evasion. What's your take on real-life white collar crooks?

WILL FERRELL I do think that sadly we've come to accept that the common criminal, selling drugs or something, is put away for 20 years while the Wall Street fraudster will do four months and pay their way out of prison. It's like, a bank gets popped for laundering loads of money but no-one gets indicted and the fine they'll pay is just a drop in the bucket.

LD Your *Get Hard* character James King hires his black mate Darnell Lewis (played by Kevin Hart) to teach him how to survive his upcoming 10-year prison stretch. Do you reckon you could go the distance inside?

WF Yeah, I've been incarcerated many times... mostly for bike tickets. No, we shot in a jail one day on *Get Hard* and that's the closest I've got. You realise it's pretty horrible, and that's the premise of the movie: How would an upper middle class person react thrown into that situation? What goes through your mind as to how you'll survive? Do you flee the country, get plastic surgery and disappear? Or do you learn to survive in that world?

LD Your survival lessons include getting advice on how to dress like Lil' Wayne, shoving things up your arse and delivering 'trash talk' like, 'Hey son, you're a disappointment to your parents... who I fucked!' What extremes do you think you'd be capable of for real behind bars?

WF I think I could convince myself to bite somebody's ear off. It's like a tendon in a chicken bone - just bite through it. That's how you survive in prison, by going to that crazy place. And look, I know what I'm talking about... I was in jail in the movie *Elf*. It felt real.

LD Oh. So do you have a violent streak in your past?

WF I didn't quite do enough. I had 15 fights and six of them were with adults. I was always really tall as a kid so no-one stepped to me. I wasn't a fighter but I played sports. I wasn't afraid to get physical in the context of sport.

LD You have really curly hair, don't you? One of the scenes in *Get Hard*

shows you getting corn rows so you can look tougher. What's been your biggest bad hair day?

WF My hair used to be straight and got curlier and curlier as I got older. I used to part it on the side. By the time I got to Junior High it was really kinky so I'd comb it and try and sleep on it. But I ended up with a fro - a Semi-Pro fro.

LD Apart from growing a Semi-Pro fro when did you realise you could make people laugh for a living?

WF A buddy and I in high school would write these little radio plays and I stayed up one night writing and re-writing one and realised I'd spent four hours crafting this little piece of comedy but it felt like I'd been doing it 20 minutes. I remember thinking, 'This is something that doesn't feel like work, this feels fun'. That was a big moment.

LD What was your first pay-day from doing comedy?

WF When I was young I went as long as I could at a stand-up night, which was like 17 minutes. And then I just went, 'That's my time, goodbye!' I didn't even shake the organiser's hand. But I got a cheque for 50 bucks.

LD You're doing a lot better now financially. You must get a lot of female attention? Who's been the craziest?

WF I was doing the Jimmy Kimmel show and staring out into the audience. I could see this girl trying to get my attention. I'm smiling and she is looking down and saying, 'Look!' But she wasn't exposing her breasts - she had my face tattooed all over her upper chest.

LD You obviously take being funny very seriously. Is there any joke that's off limits?

WF Maybe if something's too hurtful or whatever. But we have to keep being provocative if we feel the need to. At the same time, there's no problem in making a movie like *Elf*. If you have an idea that's a little crazy then hopefully studios will continue to support that. Warner Bros didn't flinch with *Get Hard* and we really go for it. When it all went down with *The Interview* I wanted to come out and start filming the Kim Jong-un Story. It makes me want to stand up for fellow comedians and go at it even harder. 

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THE UNDERCOVER WAG

A top Premier League star's 'wk-bank' revenge, the date escape plan that badly backfired and a cheat caught red-handed.**

Pulling Their Chains

One Premier League player was the envy of his dressing room because he had by far the fittest WAG out of all his teammates.

They were all more than happy to remind him of that most days, and would tell him how they constantly stalked her on social media so they could use the bikini shots she was always posting as “wank-bank” deposits.

The player came up with a novel way to get his revenge on his teammates.

He started telling them he was going to make a sex tape of him and his missus on his phone and promised to show off the results. One day, half the squad was crouched around his phone screen and watched on as he started the video he said would show him and his wife going at it. “Keep watching, she comes in the room in a second,” he said.

The clip played, showing him lying in bed, naked on his back, ‘preparing’ himself for her. “Just wait, this is class,” the gent added during the long wait.

Finally there was a slight movement in the distance of his room on the screen, causing the lads to draw closer, jostling for position. And then it happened. The only thing in sight was the player’s money shot. “Aagghh, you sick bastard!” and, “You absolute weirdo!” were the polite responses to the clip. The player just laughed and said, “Yeah – the missus says hello.”

Can’t Kid A Kidder

If you’re going to take out a potential WAG, make sure you have an exit strategy if it all goes bad.

One player always asked his mate, ‘Decoy Dave’, to do the old trick and give him a bell a couple of hours into each of his dates to give him an escape route if he needed it.

If it was a bad date he would give his mate the safety phrase down the line – which was usually “Boss man”. On one occasion one woman was definitely in line for the exit treatment. When his mate called she heard their “boss man” was looking to have an emergency chat about their recent conduct on the pitch.

He gave her a lift home, and when he’d dropped her off, Decoy Dave made arrangements for them to go to the VIP section of a club.

After about an hour in the nightspot, the player spotted the girl he’d just

“When his wife found a rogue nail under their bed, she knew right away who had left it there”

dropped off talking to a mate of his. To avoid a scene, he legged it.

He rang the guy she was speaking to the next day and laughed about dropping her off.

His mate got the last laugh though – he told him the girl had told him she was so desperate to leave the date she was just about to get her pal to ring her and say her dog had died to get out of it.

Nailed It

One player-shagging WAG was caught out when she left a bit more than she bargained for after sleeping with a married Premier League star.

One of the girl’s nails fell off during all the back-scratching and tumbling.

Unfortunately for her, she was well known among other WAGs for her distinctive multi-coloured claws. So when the player’s wife found a rogue nail under the bed, she knew right away who had left it there. She logged onto the suspect’s Facebook – and saw photos of her with her husband from the night before. The player’s wife forgave him, but hasn’t let him out on a night without her since. **10**

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EXCLUSIVE COLUMNIST

Peter Crouch



The big man gives the low-down on hitting the record for the most headed goals in the Premier League, why we shouldn't dismiss the long-ball game and his final career goal.

Since my last column, you may have read I have taken possession of the record for most headed goals scored in the Premier League.

You could, if you wanted to be hard on me, say I have an unfair advantage when it comes to headers compared to the majority of strikers, but it is still a proud achievement for me.

To be up there alongside Alan Shearer, who I learned so much from at the start of my career because he's one of the greatest goal scorers of all time, makes the record even more special.

The good thing is, I think it will be very difficult for anybody to beat it. And that's not bigging myself up, so to speak

– it's more to do with how the game has changed. Barcelona have ruined it all for us big strikers. As enjoyable as it has been to watch them in full flight, once they started to dominate with their tiki-taka football in the Champions League, it has rubbed off on other teams.

The game has altered because of them in more ways than one, and I can say with certainty it's dramatically cut down opportunities to score headers.

We have some great ball-crossers at Stoke – I can always count on Victor Moses to produce decent deliveries – but the game is no longer about wingers hogging the touchline, beating a man and getting the ball in

The emphasis is now on cutting in from the flanks and working it short.

It's more about intricate passages of play and, depending on your viewpoint, that is easier on the eye than longer passing. It really is so much different to the early years of my career, where English football was more long-ball, for want of a better phrase.

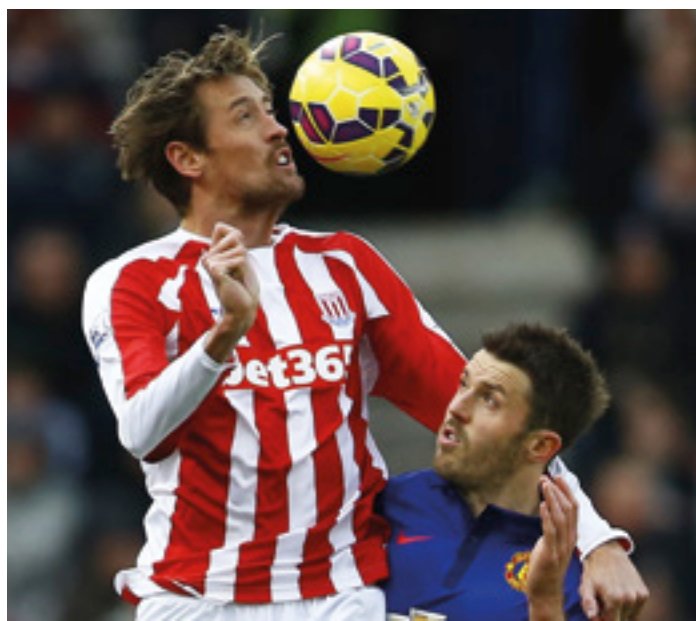
Those two words together are too often used really negatively, but I don't look at it like that. It is part of our footballing tradition and just because it isn't in fashion and not the style of the day, it shouldn't mean we should be knocking it.

Playing it long has its benefits – there is a reason why teams revert to it as their plan B when chasing a game. As for records, it's always about the team and the result first, but I do think it is important to have personal milestones.

So with the headed record in my grasp, my next target is to reach 100 Premier League goals. I want to have an episode of the 100 Club on Sky Sports. I've watched every show and obviously every player who reaches a century of top-flight goals is an amazing talent. To be among that illustrious company would be one of my biggest achievements. It really would be a massive deal for me to join the likes of Shearer, Thierry Henry and Michael Owen.

It will be touch-and-go whether it will happen this season, but I'm pretty confident it will come soon. **10**

“You could, if you wanted to be hard on me, say I have an unfair advantage when it comes to headers compared to the majority of strikers”



THE FASTEST RUNNERS

THE TWO FASTEST MARATHON RUNNERS OF ALL TIME WILL FACE OFF FOR THE FIRST TIME IN LONDON THIS MONTH. BUT CAN THE 'CLASH OF CHAMPIONS' TAKE THE HEAT OFF THEIR COUNTRY'S DOPING SCANDALS?

This year's London marathon isn't just going to be one of the world's greatest spectacles of endurance. Yes, as usual, 40,000 runners will line up in the hope of going the 26.2 miles and crossing the finishing line in Greenwich.

(And anybody who has traversed the distance will tell you not to forget to stress the importance of that final 0.2 mile stretch.) Thirteen participants who have run a marathon in under two hours and 10 minutes are booked in this year.

Scores of participants will be forced to drop out along the way due to everything from dehydration and cramp to muscle tears and cuts and bruises after tripping in a sea of experienced runners.

While millions of pounds will be raised for charity by amateur runners – droves of whom will have tales of hardship of their own – the focus will be on record-breaking Kenyan champions Wilson Kipsang and Dennis Kimetto.

The Kipsang Vs Kimetto duel on April 26th has been billed the 'Clash of Champions'.

Kipsang is a king of the marathon world. But the 32-year-old will be defending his London marathon title against Kimetto because he's the man who made history last year when he broke Kipsang's record to become the first man ever to run 26.2 miles in less than two hours, three minutes.

Kimetto, 30, ran the fastest ever debut marathon when he finished second in Berlin in 2012.

He has since won three world marathon majors races, taking victory at the 2013



HEAD TO HEAD

WILSON KIPSANG Vs DENNIS KIMETTO

MARCH 15TH, 1982	BORN	JANUARY 22ND, 1984
2:03:23 SEPTEMBER 2013, BERLIN	FASTEST MARATHON TIME	2:02:57 SEPTEMBER 2014, BERLIN
2012 OLYMPIC BRONZE 2012 & 2014 LONDON MARATHONS 2013 BERLIN MARATHON & 2014 NYC MARATHON	MAJOR WINS	2013 TOKYO MARATHON 2013 CHICAGO MARATHON 2014 BERLIN MARATHON

THE AMATEUR'S GUIDE TO MARATHON RUNNING

Four essential survival steps that need to be taken.

Tokyo and Chicago Marathons before last year's triumph in the German capital, when he averaged four minutes, 41 seconds per mile to break the historic two-hour, three-minute barrier. Kipsang and Kimetto are friends and training partners but they have both been building up to the race with some talk that would not seem out of place at a weigh-in for a world boxing title.

But their bout is more than just personal rivalry. Kipsang and Kimetto are from a nation on which the sport doping spotlight has been glaring for a long time.

Forty Kenyan athletes are believed to have failed doping tests in the past two years. The number led Kenya's highest-profile sportsman, Olympic champion David Rudisha, to declare his country wasn't doing enough to fight drugging among runners.

His warning came almost two years after Moses Kiptanui, one of the most successful runners in Kenya's history, alleged doping was rife among athletes there. Kipsang insists 99 per cent of marathon runners are clean.

And he wanted to focus on the race when he sat down with Loaded.

"London always has the best fields, but with Dennis in the line-up this year it promises to be a bruising battle," Kipsang said. "I certainly won't give up my title

40
NUMBER OF KENYAN RUNNERS BELIEVED TO HAVE TESTED POSITIVE FOR DOPING IN THE PAST TWO YEARS.

without a fight. Let's see who has the knock-out blow."

While Kipsang is in peak condition aged 32, he's aware time will soon run out for him to beat his rival. There is even a chance this will be the only time the two greats will face off in a marathon.

Kimetto tells me, "I broke Wilson's world record in Berlin last year and now I want his London Marathon crown.

"I am relishing the chance to face my friend over the famous course."

The pair may be friends, but there can be no mistaking how intense their rivalry burns. Both train in the notorious running hotbed of Iten in Kenya, near Eldoret, along with fellow long-distance powerhouses including Geoffrey Mutai. Kimetto is hardened in other ways - he was a farmer in the blistering heat of Kenya before he took up running.

"I know it won't be easy but I am confident I can go the distance, whatever he throws at me," Kimetto adds.

Expectations are high and the world of athletics will be watching eagerly - in the hope no more doping scandals emerge from the country that produces the world's greatest runners. **1d**

"I broke Wilson's world record in Berlin last year and now I want his London marathon crown"

Dennis Kimetto

THE BUILD-UP

At this point, all the hard work should be done. The final few weeks are about cutting down the miles, keeping healthy and focusing on honing your mind. It's always best to have your pre-race routine in place and tested. You should know what to have for breakfast - and be sure to eat that before several long runs to make sure it agrees with you.

THE FINAL PREPARATIONS

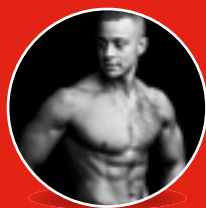
Lay out all your gear and load up on carbs the night before. Don't forget to stretch - particularly the hips. Sarah Connors, chartered physiotherapist for Asics, says, "If the hip flexors, which work hard in running, tighten, they pull the front of the pelvis down and throw the lower back out of alignment. This can have all sorts of knock-on effects."

THE RACE

If you're a novice the excitement at the starting line can lead to a fast start and then you'll crash and burn later. Don't waste yourself in the opening miles and be faced with an almighty struggle at 20 miles. Paula Radcliffe, women's world record holder in the marathon, who will bow out after this year's race, says, "The atmosphere when you're out there is so special. It's hard not to get caught up in the buzz, but store the energy for later."

THE COMEDOWN

Enjoy it and reward yourself but don't expect to binge right after. You'll be so tired you may struggle to feast on a massive meal and you are likely to find your tolerance to alcohol is very low after the exertion. Make sure to have plenty of protein after the run to help speed up the recovery of your aching muscles. And cherish that taking-part medal - finishing alone, no matter what your time, is a huge achievement.



REAL MEN'S HEALTH

WITH AWARD-WINNING TRAINER & FOUNDER OF No1 FITNESS STUDIOS BEN CAMARA

Time To Hit Your Target

Your 90-day guide to getting beach ready.

Ninety days – that's all you've got. It's the most important number and daily countdown that should be in your mind. Why? Because that's the time between April and the start of July – when most summer holidays start.

And the way to do it is to keep getting your exercise HIIT (that's High Intensity Interval Training) – which means a lot of super-setting and working in an early morning run.

You've already had enough time to think about whether this is going to be another year where you have to wear a T-shirt on the beach to avoid feeling embarrassed about your flab, or whether it's the year you can confidently reveal a toned torso. If you're intent on the latter, you need to address how you are actually going to draw up a plan of action.

In my opinion, unless you are working with a trainer who can take care of your schedule, nutrition and motivational needs for you, 90 days is a realistic time in which you can personally make really significant changes to your physique.

“Unless you're working with a trainer, 90 days is a realistic time frame in which you can personally make significant changes to your physique”

THREE PREPARATION TIPS

01

GET A CALENDAR

This may sound so simple that it's bordering on the stupid. But 90 days can feel like an eternity if you try and keep all the focus in your head. Seeing your progress in print really does help to keep you motivated and your plan on track. I'd recommend getting a big wall planner-type calendar so you get the satisfaction of marking off a big 'X' each day you hit nutritional and training targets. As those X's rack up, you will have a visual aid clearly showing when the end is in sight and the results are near.

02

ALWAYS HAVE A SOLID END DATE

Never go to the gym without a goal. And never go without a time frame in mind. I can't stress enough the importance of making sure you have fixed an end date where you measure results. The 90-day deadline gives you the event you need. If that isn't going to be enough to spur you on, tell someone you want your 'After' picture taken on the 90th day. Or post something about your goal on Facebook and promise your followers you will be sharing the 'After' pic with them to spur you on.

03

BUY NEW GYM KIT

Yes, another blindingly simple tip. But buying fresh gym gear can make all the difference. Ditch the baggy old trousers, dirty trainers and sweaty footie top you wore last year when the results didn't come. Professional football teams change their kits every season. Being an ex-professional footballer myself, one of the best things about coming back to pre-season training was getting a brand new training kit. Small things like this really matter, so don't overlook them.

YOUR 90-DAY LOWER BODY PROGRAMME

Hitting the lower body that contains the larger muscle groups is essential to you reaching your goals in the quickest time possible. In this section last month I laid out how to build mass in the upper body. Continue working that in with the following five exercises.

BACK SQUAT

WHY

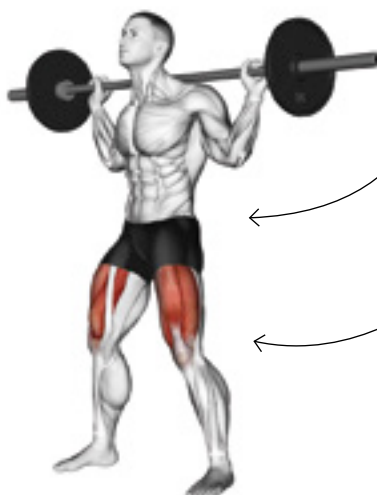
Squatting is a fantastic full-body exercise that, if done properly, is going to hit the whole body. It's a multi-joint exercise that will have your ankle, knee and hip joint all working together to lower your bum to the floor. The trunk (your 'core') is going to be fired up by holding and keeping that spine aligned, while your quads, gluteus and hamstrings work in unison to get the bar that's on your back down and then up again. Squats are amazing for burning fat. You should combine this with Walking Lunges, then take your rest.

WHAT

SETS 4 REPS 10

REST

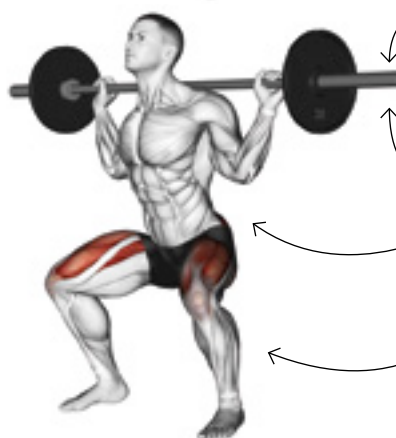
None. After one set of 10 reps, move straight on to the next exercise in the phase, Walking Lunges, and so on.



HOW

01 First and foremost, take the time to perform the squat properly with good form and in a controlled manner. If you can't squat then obtain the advice of a professional – a one-off session with a trainer in your local area should give you some really good key points to take away and start building your flexibility and strength.

02 The main thing is to stay focused on keeping the time on the downward phase nice and controlled. If you can't control a three-second eccentric phase (the downward movement) before you squeeze back up, drop the weight and get squatting properly.



03 Ensure the barbell is resting comfortably on your upper traps and the bar is neutral.

04 Pull the bar down into your shoulders and keep this tight to help keep your thoracic in extension and assist with control through the squat.

05 The mid part of the squat is where the form will potentially go, so ensure you control and keep that grip tight throughout.

06 When squatting, you must get the depth. Research now shows there is no correlation between deep squatting and tension on the knees.

MUSCLES HIT GLUTEUS MAXIMUS, HAMSTRINGS, QUADRICEPS, RECTUS ABDOMINIS & OBLIQUES.

WALKING LUNGES

WHY

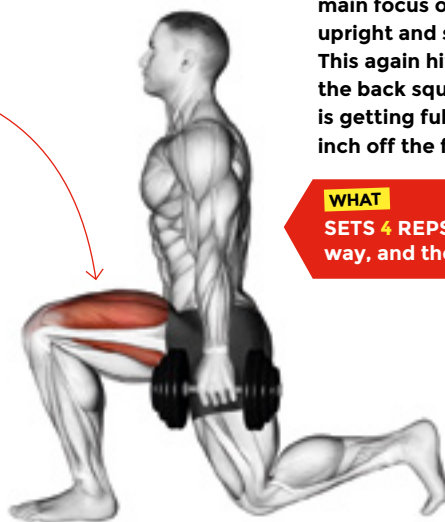
'Feel the burn' is what you should be thinking when coming off the squat rack and onto Walking Lunges. Either with a barbell or dumbbells in hand, the main focus of this is to keep your chest upright and shoulders back. This again hits the same muscles as the back squat. Ensure the trailing leg is getting full depth and dropping to an inch off the floor.

WHAT

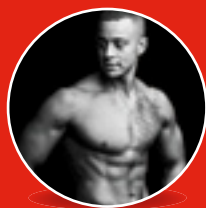
SETS 4 REPS 10 paces one way, and then 10 paces back.

HOW
01 Take a dumbbell in each hand and hold by your side. Pin your shoulders back, keep your chest up and look forward to the horizon.

02 Start by lunging forwards and bending your back leg towards the floor. Your back heel should come off the floor to enable your knee to get to at least an inch off the floor. Getting a decent depth is crucial.



MUSCLES HIT GLUTEUS MAXIMUS, HAMSTRINGS & QUADRICEPS.



REAL MEN'S HEALTH

WITH AWARD-WINNING TRAINER & FOUNDER OF No1 FITNESS STUDIOS BEN CAMARA

STEP-UPS

WHY

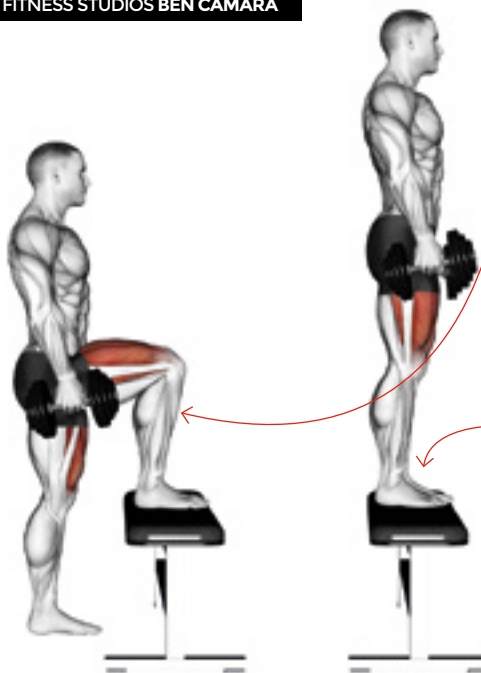
All the trainers who work for me at No1 Fitness know Step Ups are most definitely among my favourite exercises of all time. Again, these need to be performed properly with key points I always look at during coaching. They include ensuring when the back foot comes back to the floor your hips do not rotate. How will you know? Keep the foot facing directly in front of you, that's how.

WHAT

SETS 4 REPS 10

REST

You should rest between sets of Step-Ups, then move on to the next exercises to make it a super-set.



HOW

01 Find a ledge, box, or steps at hip height.

02 Place dumbbells in each hand. Get onto the step and keep this foot on the step until the set is finished.

03 Step up so both feet are now on the step and keep your chest up. Look forward at all times and lower the same leg to the floor. Ensure the dumbbells are by your side and don't rock them back and forth.

04 If you can, when coming back down to the floor stay on the forefoot of your working side and drive back up straight away.

05 Keep your front foot on the step or box at all times. A huge amount of gluteus activation goes on when performing this exercise.

06 If you want to progress the difficulty, start off at mid-thigh level and move to a height above the hips.

MUSCLES HIT GLUTEUS MAXIMUS, HAMSTRINGS & QUADRICEPS.

TIP

FASTED MORNING TRAINING

Getting your hit in the morning while still fasted without breakfast is a fantastic way of burning body fat. Wake up and take on some water with amino acid supplementation (which keeps muscle mass) and ensure you do a set of 30-second runs with 30 seconds rest in between, for no longer than 25 to 30 minutes.

This really is fantastic for hitting the intensity needed to get into that fat-burning zone. Mark it off on your 90-day calendar with the rest of the exercises to keep yourself on track.



"An early run is fantastic for hitting the intensity that's needed to get into that fat-burning zone"

BURPEE & SQUAT DISTANCE JUMPS

WHY

The final exercises for this month's programme have been around for donkey's years. They are simple but hugely effective as the second parts of a super-set with the Step-Ups.

Alternate between a set of Burpees and a set of Squat Distance Jumps until you hit four sets.

For the body weight Squat Jumps, if you have an experienced trainer then do grab some dumbbells or a medicine ball and hold them at chest height while doing them. Not only are you hitting all the lower body big powerhouse muscles, you're going to be elevating heart rate, which will keep the intensity of your workout very high.

HOW

BURPEE

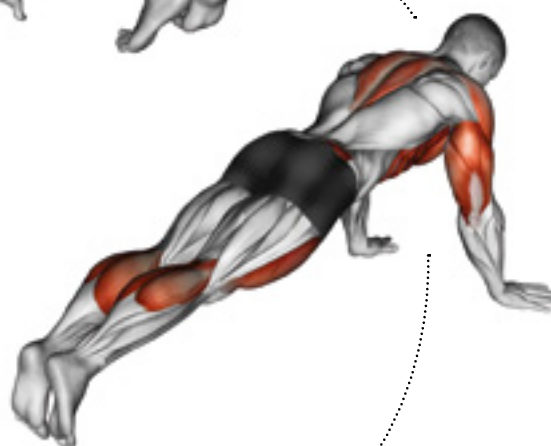
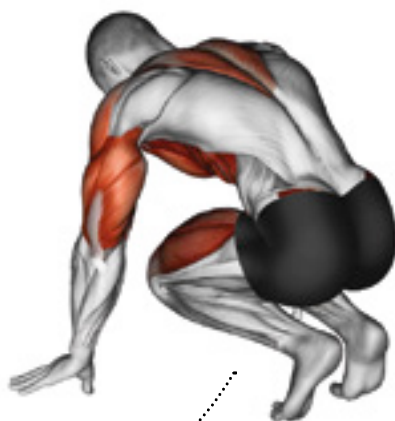
For the Burpee, *illustrated left*, you go from push-up position to a jump and back to a push-up position again.

SQUAT DISTANCE JUMPS

Find a space large enough to perform at least five squat jumps in a row. With your feet shoulder-width apart, lower your bum into a squat position and drive up, pushing through the heels as hard as you can and jump as far as possible. Land into a squat position, brace yourself and repeat the exercise.

WHAT

SETS 4 REPS 10



"This jump exercise has been around for donkey's years because it's simple but hugely effective"



Email bencamara@loaded.co.uk or tweet @bencamara. To follow his programme visit awayoflifeproject.com.

MUSCLES HIT GLUTEUS MAXIMUS, HAMSTRINGS & CALVES.



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Q&A

VIEW TO A COMEBACK

Anyone who thought **The View** were done can think again. Frontman Kyle Falconer and drummer Steven Morrison tell how they created their fifth album after some Zen time out.

LOADED You've been away for a while. What have you been doing with all your time off?

KYLE FALCONER Contrary to popular belief, I like to get fit when I'm not working so I've been going on bike rides and chilling in Dundee. I also went travelling to Thailand and Cambodia. It's been nice to have a bit of time to clear the head and focus on my songwriting. I managed to get some

much needed Zen in Asia before returning to the madness.

LD This is your fifth album and things can easily fizzle at this stage. Was there a feeling of this album being make or break?

KF For us, it's all about making the album we want to make and hoping it's well received. After the success of our first album, there was more pressure from

labels to create more 'radio-friendly' tracks, but we're just happy to keep on doing what we do best.

LD What was the thinking behind bringing in Albert Hammond Jr as producer?

STEVEN MORRISON We brought Albert in as we're all massive fans and he was eager to get involved. Apart from his own music, we are the first full album he's produced, which made it even more exciting for us.

LD The new songs are full of energy and optimism and you seem really rejuvenated – is that down to Albert and Gus' influence?

KF Albert had a totally different perspective and he stripped a lot back. It's been really nice to have fresh ears involved. We've all heavily influenced this album though, including Pete (*Pete Reilly, guitarist*) who has written a brilliant retro 1960s song.

LD Is there a supporting tour slot with The Strokes now on the cards?

SM We wish. That would be amazing but we haven't heard anything about that yet.

LD You once collaborated with your mate Paolo Nutini. Who else is on your dream collaboration list?

KF Yes, we did a song with Paolo called Covers. He's really sound and it's nice to see someone that humble and talented doing so well. My ultimate collaboration would be with Stevie Nicks, I absolutely love her. Billy Joel, Liam Gallagher or Paul McCartney would also be nice. **LD**

For The View's tour dates visit theviewareonfire.com.

THE PRODUCER'S TAKE

Need a kickstart? Ask The Strokes' Albert Hammond Jr and Gus Oberg – the men responsible for whipping The View into line. Here's 60 seconds with Hammond Jr.



LOADED What was it like working with The View lads? They have a reputation for partying – did you have to keep them on track?

ALBERT HAMMOND JR We heard excitement in the songs and that's what we put our energy into. They told us they have never behaved better and we got to hear some great stories. You can't get

someone to behave better, you just have to excite them with possibilities.

LD The songs have a strong American sound. Is this down to you and Gus?

AHJ Gus and I worked to create a unique and fresh sound for them. I think they sound uniquely themselves.

LD Have the boys been pestering you for a Strokes tour support?

AHJ Boy, don't you just know it.

LD What's next for Albert Hammond Jr? The Strokes, a solo record and maybe some more producing?

AHJ I've almost finished mixing my own album. We don't have a release date but I'm beginning to plan it. I hope Gus and I get invited to produce another record soon. We had a wonderful time working with The View and we'd love to do it again.



NEW NOISE

BOMBS AWAY

One day **The Bulletproof Bomb** are doing their A-levels, the next they're getting critical acclaim from Zane Lowe on Radio 1. We meet the five-piece.

FORMED Sutton, London | **MEMBERS** Joel Douglas Vocals & Guitar | Mike Hendry Guitar | Robbie Cottom Keyboard | Tom Butler Bass | George Thompson Drums

LOADED It's been a very busy time for you boys. You've had a lot of support from Radio 1 and played some big festivals. What's in store for the rest of the year?

JOEL DOUGLAS We've got new tunes for people to hear, the first being our new single, called 1-10. Hopefully we'll do a load more festivals this summer and keep the momentum going.

TOM BUTLER Yeah, Zane's been well nice. We should really send him a bunch of flowers.

LD We heard one of you bunked your exams to play Ibiza Rocks, is that right? That's proper commitment to the cause.

JD We played at Boxpark in Shoreditch for a night Ibiza Rocks put on and we also played Ibiza Rocks in Meribel in France. Actual Ibiza is yet to come.

TB The promise of sun and snow and all the beef bourguignon you can stuff in your gob was a bit more appealing than history coursework. It was an easy decision for us to make. That was definitely a moment for The Bulletproof Bomb memoirs.

LD Any mad stories from Meribel?

TB I had to have a bath every night at 4am... one evening ended with a snapshot of George (drummer George Thompson) lying face down in the doorway of his hotel room.

JD It was all about George as it was his first time clubbing. We were these scrawny kids with floppy hair and spots surrounded by beefy blokes in expensive shirts and beautiful women. We looked ridiculous, but the trip was laugh.

LD Who is The Bulletproof Bomb's dream tour support and why?

JD The Clash, but I don't think we'd ever get a shot with them. Also Miley Cyrus. I know it is quite a leap from Sir Strummer, but Miley is so fucking good at being a pop star. Her live show is bloody mental.

TB Lily Allen. She's my dream woman.

LD The new single is called 1-10 because it's the 110th song you've written. As teenagers, that's pretty impressive. What inspires you when it comes to songwriting?

JD This might seem a little braggish but it's the 110th song I've written for

BREAKING BANDS

JOLTA

WHO? Four-piece from Brighton.

WHAT? Youthful exuberance and addictive riffs.

WEB facebook.com/joltaband

SEAFRET

WHO? Duo Jack Sedman and Harry Draper from Yorkshire.

WHAT? Acoustic-driven folk-rock with earnest, everyman melodies.

WEB facebook.com/seafretofficial

NEW CITY KINGS

WHO? Mark Kovic, Ben Kovic and Ben Nyari from Brentwood, Essex.

WHAT? Radio-friendly alt-rock with a sound like The Foo Fighters.

WEB twitter.com/newcitykings

LUKE RATHBORNE

WHO? Young promising American indie folk rocker from New York.

WHAT? Charismatic performer creating unique melodies.

WEB facebook.com/lukerathborne

LUST

WHO? South London-based five-piece signed to 1965 Records.

WHAT? Mesmeric indie dream pop.

WEB facebook.com/lustuk

THE CORONAS

WHO? Four-piece from Dublin.

WHAT? Big choruses. Imagine a Coldplay/Snow Patrol hybrid.

WEB facebook.com/thecoronasofficial

The Bulletproof Bomb, but in total I've written over 300. I churn a lot of stuff out in short periods.

TB Joel writes them all but we all participate in the sound and lyrics, which mostly bemoan the period between being a schoolboy and being a fully-grown bloke with a beard and a beer belly.

LD Who are your musical influences?

JD The Clash, The Libertines, Jamie T, Arctic Monkeys, Cage The Elephant, The Streets, The Specials, Madness, Sex Pistols and The Vamps.

TB We're all into 1970s punk and '80s post-punk, which I'm sure comes through. The Clash are always lurking about somewhere.

LD What can we expect from The Bulletproof Bomb's album?

JD I've had the album sketched out for an agonisingly long time. You can expect wall-to-wall bangers involving riffs-for-riots & tissues-for-tears all day and all night. **LD**

The Bulletproof Bomb's new single 1-10 is out now. Go to facebook.com/tbbuk.

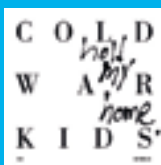
REVIEWS



ALBUMS

THE PRODIGY THE DAY IS MY ENEMY

Liam Howlett's ever-darkening musical vision marches on. If you've heard snarling, suffocating comeback single Nasty, you know the drill. As chaotically contagious as ever, this is an all-guns-blazing sensory attack full of venom-spitting beats, haunting eastern melodies and hysterical Keith Flint rants. Their new beats will be a highlight at festivals this summer.



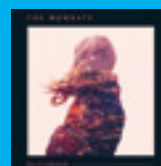
COLD WAR KIDS HOLD MY HOME

The band's fifth record is blues-drenched mayhem proving they are one of the very best American rock bands of the past decade. This fearsomely talented US five-piece have taken their signature Americana sound and developed it with exquisite results.



LITTLE COMETS HOPE IS JUST A STATE OF MIND

This is the catchy third album from great trio Little Comets. It's full of rapturous choruses intertwined with smooth summertime grooves and cool production. Described as 'kitchen sink indie', they're even better live. Go see them.



THE WOMBATS GLITTERBUG

The Scouse rock band's four-year exodus is over as they are back with a more dynamic and streamlined sound. With three singles already released from this third album, their new sound is truly energetic, joyous and infectious.



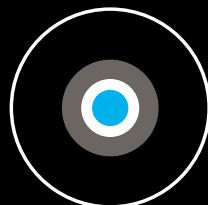
YOUNG KATO DON'T WAIT TIL TOMORROW

Stylish, synth-soaked debut album from the Cheltenham six-piece whose music has been featured heavily in Made in Chelsea - but don't let that put you off. This is pulverising dance/rock with mesmerising vocals.



PASSION PIT KINDRED

Timeless pop tracks with loads of imagination from this indietronica band from Cambridge, Massachusetts. Currently a two-piece following the defection of two band members, Passion Pit could be on the same path as countrymen MGMT.



SINGLES

**JAMIE T
MAGNOLIA
MELANCHOLIA EP**
The Jamie T juggernaut shows no signs of slowing. This hypnotic EP opener grips like a vice from the first bars.

**BEAR'S DEN
THINK OF ENGLAND**
One of the highlights from their debut album Islands. Bank on these boys carving up the festivals this summer.

**NOTHING
BUT THIEVES
BAN ALL THE MUSIC**
Gallops along like a Bends-era Radiohead song with ferocious guitars and classy Jeff Buckley-esque vocals.

**THE JACQUES
WEEKENDS**
Trashy but tuneful hustle and bustle, The Jacques ooze that same romantic British charm of great bands such as The Kinks and The Libertines.

**DAVE MCCABE & THE
RAMIFICATIONS
TIME & PLACE**
More than half a decade since his old band's heyday, this is an adventurous departure from the former Zutons frontman. Tripped-out space rock.

**SLAVES
FEED THE MANTARAY**
Frenetic, fuzzed-up punk rock from the Kent duo. It's raucous party music dripping with a sincere rock 'n' roll attitude.

**JOHN MCCULLAGH
& THE ESCORTS
SHE'S CALLING ME**
Now back with a proper band, McCullagh has really come of age.



THE VACCINES WHEN

March 28th-April 8th.
WHERE
Manchester's Albert Hall and Brixton Electric, London.

LAURA MARLING WHEN

April 20th-May 5th.
WHERE
Includes Corn Exchange, Cambridge and London's Queen Elizabeth Hall.

GAZ COOMBS WHEN

April 30th-May 23rd.
WHERE
King Tuts, Glasgow and The Leadmill, Sheffield.

DAVE MCCABE & THE RAMIFICATIONS

WHEN
May 20th & 23rd.
WHERE
Electrowerkz, London and The Deaf Institute, Manchester.

BLOSSOMS WHEN

May 29th.
WHERE
Manchester Academy.

PEACE WHEN

Sept 25th-Oct 10th.
WHERE
Manchester Academy, Rock City, Nottingham and Brixton Academy, London.

PAUL WELLER WHEN

November 20th-December 5th.
WHERE
Barclaycard Arena, Birmingham, Eventim Apollo, London and Manchester Arena.

SHED 7 / INSPIRAL CARPETS

WHEN
December 1st-21st.
WHERE
O2, Leeds and Sheffield.

'DO YOU REMEMBER THE FIRST TIME?'



LIAM FRAY THE COURTEENERS

The first record I bought was TLC's waterfalls. Big tune in Middleton, that.

The first gig I went to Oasis at the Reebok Stadium. I was 15. Literally life-changing. Cigarettes and Alcohol felt like the national anthem.

The first songs that inspired me were Get Back by The Beatles, Superstition by Stevie Wonder and Days by The Kinks. New York by Stephen Fretwell, Jealous Guy by John Lennon, Hand In Glove by The Smiths and Anything by Joe Lean And The Jing Jang Jong were also big influences.

The first song I wrote was called Cavorting. It's alright, nowt to write home about. Although it sold out the day of release apparently. You can pick one up on eBay for 50 gold coins.

The first gig I played was The Roadhouse in Manchester in 2006. I'd done the odd open mics around Manchester but the first Courteeners gig was there. I wish I had been in a fit state to remember it.

My first musical heroes were John, Paul, George & Ringo. And Seal.

The Courteeners' new album **Concrete Love** is out now. For gig dates and more go to thecourteeners.com.



INTERVIEW

WORDS Laura Raphael

RIGHT HERE... AND NOW WHAT?

Fatboy Slim says the only career ambitions he has left are getting a picture with Madonna, streaking a football match and getting a decent obituary when he peps it.

The weirdest thing to happen to me while DJ'ing was Kevin Spacey coming up to me heavily disguised at Glastonbury.

We had a chat in the middle of a set and nobody else realised it was him apart from me. I can't remember what we chatted about. It was Glastonbury, after all, so everything was a blur. It was one of those Keyser Söze moments that no-one else will know if it really happened.

DJ'ing the House of Commons was like playing at a wedding where no-one was drunk.

It was quite hard to get an atmosphere but I did manage to warm the MPs up by the end of it.

I remember the first time I heard one of my tunes on the John Peel show.

It felt like the pinnacle of everything I ever wanted to do. Over the years all these things ascend, from hearing your music being played on the jukebox at the Queen Vic to ending up playing at the Olympic ceremony (*he played the London 2012 event*.) Every time you think you have reached a pinnacle, you find another one.

My only regret in life is not having my photo taken with Madonna.

I was hanging out with her in the old days. We met the first time she came to England and shared a dressing room. It was the time she had the string vest — you know, classic Madonna — but I never had my photo taken with her.

The smiley symbol is my mantra. It sums up love, happiness and slight douchiness all in one.

In my house there are no taboos. I try not to have that kind of nanny-state attitude to parenting. The thing is, having me and Zoë (*wife Zoë Ball*) as parents you are going to learn a lot about life anyway.

If I wasn't famous the first thing I would do is streak.

Because that's one of the things famous people can't do without causing a fuss.

I once had a fanzine called Peroxide.

Back then, the major music press didn't cover certain kinds of music. It was about being a music fan and wanting to talk to my heroes more than anything.

Writing the National Theatre musical Here Lies Love was out of my comfort zone.

I was lured into it by David Byrne, who is one of my all-time musical heroes. To be honest, it was his dreamchild and I just kind of helped out.

I have been accused of being Bruce Willis more than once.

But if I were to die tomorrow I would be happy to just get an obituary. When you are young and you think, 'What do I want to do with my life?' all I thought was, 'I want to be remembered'. And I thought, 'I'll have achieved something as a human being if I am remembered'.

BOXED OFF TV & FILM

With Sam Richards



LEAGUE OF NEIGHBOURS Q&A

Steve Pemberton and Reece Shearsmith of *The League Of Gentleman* discuss the new series of their twisted comedy about the “No9’s on the street where you live”.

LOADED In the first series of *Inside No9*, you won plaudits for your silent episode. Any clever set-ups for the new series?

STEVE PEMBERTON We’ve done one that’s the polar opposite in a way – it’s set in a volunteer call centre, shot on fixed CCTV camera.

REECE SHEARSMITH And then we’ve got a 17th century witch trial, which couldn’t be more different.

LD You’ve snagged some quality guest stars this time around, including Jack Whitehall and Alison Steadman. Is there anyone else who would be in your fantasy cast?

SP Judi Dench or Michael Gambon, people who feel like they’ve got a lot of history behind them.

RS And Christopher Lee – that would be the ultimate.

SP Yes, but it’s got to be the right actor in the right part.

RS Yeah, otherwise it becomes a bit like a Comic Relief sketch.

LD Do you think you’d get away now with characters like Herr Lipp, the paedophile foreign exchange teacher from *The League Of Gentlemen*?

SP I think we’d still come up with them! It’s just whether someone up high would sanction them.

RS He’s quite extreme isn’t he? Maybe in this day and age, you wouldn’t get them sanctioned. Some things you might see in a drama at 9pm, we wouldn’t be able to do in a comedy at 10pm.

And that’s because there’s a different

TURN OFFS

BY TONY HUSBAND



expectation from comedy, that you can sit there and let it wash over you. Not with our programmes you can’t. You’ve got to sit upright and... brace yourself.

Inside No.9 is on Wednesdays, BBC2.



GAME OF THRONES SEASON 5
STARTS April 13th **ON** Sky Atlantic

We left *Game Of Thrones* at the end of Series 4 with *The Seven Kingdoms* in turmoil: a kid on the throne, his tedious “uncle” Stannis Bore-athon trying to invade and Daenerys marshalling her dragons. Let’s hope they continue to keep the dragony, supernatural stuff to a minimum. Like *Wolf Hall*, but with more hate-sex, *Game Of Thrones* is most compelling when tracking the constantly-shifting balance of power.



DAREDEVIL
STARTS April 10th **ON** Netflix

Comic fans will be hoping for a more satisfying portrayal of Marvel’s blind superhero than Ben Affleck’s forgettable turn in the 2003 *Daredevil* movie. Brit actor Charlie Cox is the titular lawyer-by-day-vigilante-by-night, constantly grappling with the morality of his violent crime-fighting methods. All 13 episodes will be relinquished by Netflix on the same day, so it’s your choice whether to binge or snack.



THE GAME
STARTS April 30th **ON** BBC2

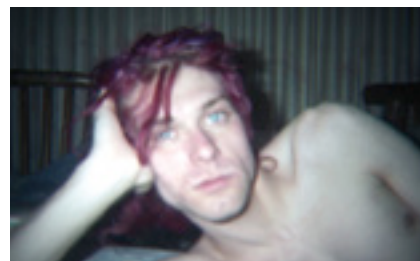
The trend for 1970s Cold War spy dramas continues, and *The Game* certainly ticks all the boxes: plummy MI5 agents in tweed, vodka-fuelled rendezvous in bugged hotel rooms, a moody jazz soundtrack and floor-to-ceiling brown everywhere. Pouting Redmayne-alike Tom Hughes is the enigmatic young spy at the heart of the action. It’s not *Tinker, Tailor, Soldier, Spy*. But it’s a damn capital effort.

FILM

**BLADE RUNNER:
THE FINAL CUT**

OUT April 3rd

When Stephen Hawking recently declared Artificial Intelligence “could spell the end of the human race” it brought to mind the image of Blade Runner’s renegade replicant Roy Batty, mercilessly crushing the skull of his human creator Dr Tyrell. Originally released back in 1982, Ridley Scott’s sci-fi masterpiece sits perfectly alongside current AI-paranoia films such as *Ex Machina* and *Chappie*. The ‘Final Cut’ is the only one of Blade Runner’s many versions to be fully authorised by Scott himself, which means no voiceover, no happy ending and a smidge more violence. Its re-release sets the stage for Blade Runner 2, now in production with a 72-year-old Harrison Ford (plane crash injuries permitting.)

**COBAIN: MONTAGE OF HECK**

OUT April 10th

This is not your average rock doc. Instead, director Brett Morgan has created a painfully intimate portrait of Kurt Cobain by collaging together home movie reels, archive Nirvana footage and ingenious animations based on Cobain’s sketchbooks, journals and home-recorded cassettes. We all know how the story ends, but along the way *Montage Of Heck* provides a novel, unprecedented insight into the mind of a brilliant, troubled figure.

**THE SALVATION**

OUT April 17th

You’ve heard of a Spaghetti Western? Well, this is a Tuborg Western, directed by Dane Kristian Levring and starring his countryman Mads Mikkelsen as a 19th century Danish settler in the dusty American west, whose peaceable outlook is shattered when his wife and son are set upon. The final showdown is well worth waiting for.

LOST RIVER

OUT April 10th

Ryan Gosling’s directorial debut is a prime example of why everyone rolls their eyes when actors make movies. Naïve and self-indulgent, *Lost River* cribbs brazenly from films in which Gosling has starred, namely *Drive* and *Place Beyond the Pines* – not to mention David Lynch’s entire oeuvre. But he’s also pulled in some intriguing star names, with *Mad Men*’s Christina Hendricks among them. Get as stoned as you can before watching and it’ll probably just begin to make sense.



DVD

BIG STAR: NOTHING CAN HURT ME

OUT March 30th

This is the definitive documentary of one of the greatest cult bands of all time.

Romantic, melodic and melancholic, Big Star were out of step with the “heavy” musical climate of the early-Seventies. Their progress was blighted by most of the available rock plagues – drugs, depression, heartbreak, infighting, bankruptcy, disillusionment and death and they split up before their classic *Third/Sister Lovers* album was even released.

Yet they provided the blueprint for indie music. Ultimately that’s what endures and their first two albums are included in the deluxe DVD package.

TECHNOFILE

With Phil Hamilton | Technology Editor •

Welcome to the article that should make you despise Facebook (if you don't have the sense to already), courtesy of FBI privacy expert Marc Goodman.

Do you want to prostitute your friendships to line the pockets of neoconservative right-wingers, make yourself look vain, sacrifice your privacy and expose your bank accounts to fraud?

Chances are, you probably have.

Anyone who's got a Facebook account – no matter how minimal and 'private' – ticks all the above boxes.

Data mining service Facebook claims it has 59 million dummies (aka 'users') worldwide, with seven million of those in the UK.

A bit of background behind this Facebook bile.

We all know Mark Zuckerberg is its public face – and never forget this is the man who once said people were "dumb fucks" for trusting him with their personal information.

Then there's Peter Thiel. He's a monstrously wealthy Silicon Valley entrepreneur who invested \$500,000 in Facebook when he met Zuckerberg and his student founders in 2004, who now owns seven per cent of the firm.

Thiel made a packet by co-founding virtual banking system PayPal – and more on their privacy policy later.

He has also invested in a firm researching the key to immortality and when he loses at chess he reportedly sweeps the pieces off the board in a huff.

Thiel is not someone the masses need to concern themselves with making any richer.

Then there's the 'privacy' element of Facebook. Read its privacy policy and you'll find out the policy is you have no privacy.

It informs you Facebook reserves the right to pass your information to third parties, doesn't guarantee confidentiality, says they keep a back-up



WARNING FBI expert Marc Goodman is disgusted by Facebook's privacy terms.

600,000
Times Facebook is hacked a day.

of deleted information and reveals that anything you slap up on Facebook can be passed to government agencies.

Experts such as Marc Goodman need to be listened to like never before.

He's an FBI technical advisor and senior online advisor to international police organisation Interpol.

Goodman is also the author of new book *Future Crimes*, in which he opens his database of hundreds of real-life cybercrime cases to expose the reality of everyone's vulnerability online.

In the first in a series of interviews for *Loaded*, Goodman lays out the real dangers of sacrificing your personal details on the altar of 'free' social networking.

"People don't realise Facebook has so many data leaks," he says. "Facebook is hacked 600,000 times a day."

"What those hacks mean is that anything you put on Facebook – information such as your date of birth, your social security number, where and when you'll be travelling, investments



“FACEBOOK AND OTHERS GRANT THEMSELVES RIGHTS TO CHANGE THEIR POLICIES AT ANY TIME, AND WORSE IS MOST COMPANIES MAKE THE PRIVACY SETTINGS ALMOST IMPOSSIBLE TO UNDERSTAND”

you might make, your business plan, who all your friends are – could leak to organised criminals. Think about the old challenge question the banks used to use, ‘What is your mother’s maiden name?’

That’s not a tough question for others to answer now.”

So far, so obvious – surely we’re all aware hackers are out there and despite Facebook or any other online company’s best efforts, there are always going to be security breaches?

Goodman agrees, but says web users are disgracefully ignorant of the dangers in which we’re placing ourselves by being so open online. And he warns it’s the companies in whom we are putting our unconditional trust that are the real exploiters, because we’ve not heeded the old adage, ‘Anything that seems too good to be true probably isn’t.’

“The economics of the Internet is based on the psychology of the ‘free’, and this is the original sin of web users,” Goodman says. “I have a section in my book called The Most Expensive Things In Life Are Free.

“People are paying for being on Facebook and the like with their privacy and in ways that they don’t understand. It’s sinister.

TECHNOSHIT

BY TONY HUSBAND



“Most people don’t fully get the bargain they’re making. It’s not just that online companies are selling information to advertisers. They’re selling it to data aggregators as well.”

9,300
Words in Facebook's
privacy policy.
VS
4,543
Words in the US
Constitution.

Goodman goes on, “There’s also a chapter in my book called You’re Not The Customer, You’re The Product. In that section of the book I take people through the phenomenon of terms of service or terms of agreement. I call them ‘terms of abuse’ because none of us read the 5,000 and 10,000-word agreements, typically

typed in four point font.

“To put it in perspective, Facebook’s privacy policy is more than twice as long as the US Constitution. Meanwhile, PayPal’s privacy policy is the longest in the industry at 36,275 words. William Shakespeare’s Hamlet is only 30,066 words.

“Complicating matters is that Facebook and others grant themselves full rights to change their policies at any time, and worse is most companies make the privacy settings almost impossible to understand.”

It is these mysterious ‘third parties’ and unread service terms and conditions agreements that recently forced Samsung to release an embarrassing statement warning customers that their smart TVs could be spying on you.

Goodman says, “Samsung have said they share this information with a third party – but Samsung does not disclose what that third party is. Samsung is not the only brand to be facing this problem. Any device that has a battery or can be plugged in to a wall with a microphone can spy on you.”

And what’s his solution?

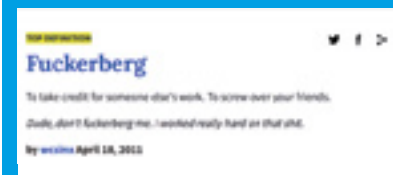
Just stop prostituting yourself on social networks of all kinds.

Turn off, tune out.

And go read a book.

FACEBOKE

Hatred for Mark Zuckerberg has grown so widely a host of internet sites have dubbed him ‘Mark Fuckerg’. Here’s the top anti-Zuckerberg web mentions.



01 Urban Dictionary

The guide to slang has given 30-year-old Zuckerberg the honour of an entry. Apparently to ‘Fuckerg’ someone is, ‘To screw over your friends’.



02 Where Is Fuckerg?

The Yahoo! Answers site is filled with enquiries from pissed off Facebook users about how they can get in touch with Zuckerberg to ask about his site.



03 Twitter

@MarkFuckerg is on Twitter. The bio says, ‘Watch as I take the Internet’s most profitable site and run it straight into the ground’.



04 Fuckergbook

‘Mark Fuckerg’ has a Facebook page. It portrays him as a clown, and, to be fair, Zuckerberg has let it stay.

NEXT MONTH Goodman reveals humanity’s biggest tech threat. His book *Future Crimes* is out now.



It's a £700million-a-year business – but could vaping be just as deadly as puffing on traditional cancer sticks?

NO SMOKE WITHOUT FIRE

Vaping in Britain currently sucks in 2.1 million of the UK's 10 million smokers. They've probably been compelled to ditch real

cancer sticks by the 69 known cancer-causing additives packed into their 70mm (or the 100mm of a king size.)

Yes, vaping doesn't leave a stink on your curtains or stain your teeth and fingers and leave your pores clogged with toxins. And there are almost 8,000 flavours of smoke on the e-cig market, which can make your average smoke seem far less boring.

Yet the jury is still out on the biggest question of the smoking 'revolution': are e-cigs the next cancer sticks?

The warnings have already started rolling in thick and fast about the safety of e-cigs.

Dr Ron Chapman, director of the California Department of Public Health, has produced a report claiming any regular user of liquid tobacco is exposing their body to 10 known carcinogenics.

He claims teenagers who take up e-cigs could be harming their brain development. Chapman said, "E-cigarettes contain nicotine and other harmful chemicals, and the nicotine in them is as addictive as the nicotine in cigarettes. There is a lot of misinformation about e-cigarettes. That is why I am advising the avoidance of e-cigarettes."

The New England Journal Of Medicine has published research on vaping that suggests e-cigs are packed with formaldehyde – one of the biggest causes of lethal cancer.

Researchers from Portland State University carried out a study that found nicotine vapour could produce "five to 15 times" more formaldehyde than regular fags. And research conducted by the Roswell Park Cancer Institute in Buffalo, New York, has claimed the way particles are broken down in e-cigs may irritate lung tissue and cause disease.

The biggest fear is that research has only been conducted for the last 10 years, so the long-term effects haven't yet come to light. Researchers aren't alone in their fears – the European Union want to ban all electronic cigarettes from shelves because they "normalise the action of smoking".

Matthew Moden, director of Liberty Flights e-cigarettes, refutes the negativity surrounding his product and vaping as a social phenomenon.

He insists the truth is vaping allows people to get their nicotine fix without the dangers or social stigma attached to smoking.

And he stresses the smoking sea-change has given the government what it wants – people stubbing out real ciggies

and staying out of hospitals. "Vaping has not only been proved to be several magnitudes safer than smoking when it comes to personal health but also has no residual risk to those in the vicinity of people who are vaping," Moden says.

"A huge 74 per cent of users have told us that, as long as laws don't restrict their vaping habit, they will never return to smoking cigarettes.

"The government and health experts need to sit up and listen to these people.

"Pretty much every one of them

has been a habitual smoker and has finally been able to give up smoking because of vaping. If smokers are swapping fags for e-cigs, surely that's got to be a good thing? There's no second-hand smoke for kids, no tar, less dangerous chemicals and less burden on the NHS."

74%
Of e-cig smokers say they'll never go back to dragging on real coffin nails.

Hitting out at the oncoming EU crackdown on e-cigs he added, "Regulations are looming with busybodies and politicians wanting to legislate e-cigarettes in the same way as fags. What they really want to do is tax them."

In Britain, more than 75 per cent of the cost of a packet of 20 tobacco cigarettes goes on tax – compared with 20 per cent VAT on an e-cigarette.

Vapers can get the equivalent of a £7.75 pack's worth of nicotine from an

“BUSYBODIES AND POLITICIANS WANT TO LEGISLATE E-CIGARETTES IN THE SAME WAY AS FAGS. WHAT THEY REALLY WANT TO DO IS TAX THEM”

MATTHEW MODEN, DIRECTOR OF LIBERTY FLIGHTS E-CIGS

e-cigarette costing as little £1. So it's inconceivable governments will resist the opportunity to raise extra tax on them. There are also already impositions on the places e-cigs can be 'sparked up', with debates about whether they're suitable for restaurants, bars, offices and hospitals.

In 2013, e-cigarette makers Gamucci opened the world's first 'Vaping Zone' at Heathrow's Terminal 4 international departure lounge, which has stirred controversy.

The warnings about vaping are slightly obscured by the fact it is a world full of parody-rich language.

Instructions for e-cigs are full of references to filling your 'cartos' with 'smoke juice' and accessorising your pipe with a 'drip tip' so you can maximize your 'throat hit'.


And if the EU do successfully ban vape-sticks, expect some Dapper Laughs-style protest slogans to spring up: 'Don't Vape The Vapists', or 'Vapists Have Rights Too'.

But the e-cig phenomenon shows no signs of running out of puff.

It's being helped by the way celebs are increasingly starting to endorse vaping.

One celebrity fan of Liberty Flights is Paul Weller, and stars including Leonardo DiCaprio and Katherine Heigl have been spotted puffing on LED-flashing e-cigs.

The EU commission proposals would, by 2017, ban e-cigarettes that produce levels of nicotine above 20 mg per ml, those with refillable cartridges or those designed to taste like tobacco. Suppliers say all e-cigs currently available would fall foul of the regulation.

Moden added, "Vapers do not believe e-cigarettes and e-liquid should be treated under the same regulations as tobacco. There is a danger that if we restrict vaping we will push people who have successfully given up tobacco back towards smoking cigarettes." 

TECHNO BITES

KEYBORED WARRIORS

Twitter has unveiled new plans to deal with the dull troll blight. The social network is going to "get a lot more aggressive" against the keyboard warriors and is implementing new tools for users to report bullying, impersonation and 'doxing' - the sharing of private information for the world to see. Twitter has tripled the size of its team dealing with complaints about trolls. The clampdown comes after a miserable 2014 in which Twitter was criticised for failing to protect harassed and bullied users.

THREE-D THE WORLD

There are so many scare stories about 3D printers people have forgotten the possibility they could be used to feed the poor. That's what 'food designer' Chloé Rutzerveld wants to do. She has developed the Edible Growth project to create "healthy and sustainable" 3D-printed snacks from a mixture of seeds and spores.

GOOGLE PAY

Google's invasion into every aspect of our lives continues with the impending announcement of Android Pay. The software will allow companies to accept transactions through their apps without having to introduce their own individual payment services. Users upload their credit card or debit card information to a single location and use it across various shopping and services applications.

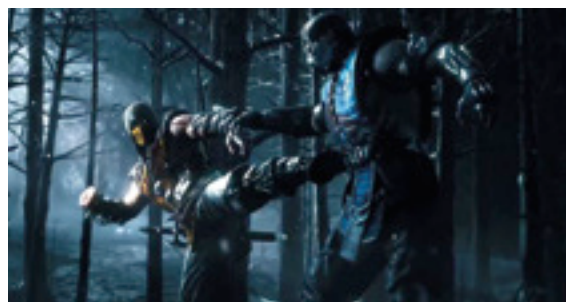
GAMES ROUND-UP



DRAGON BALL XENOVERSE

OUT Now ON PlayStation 3, PlayStation 4, Xbox 360 & Xbox One

Anime fighting comes to the next (and old) generation consoles. The most exciting feature is the online World Tournament that allows you to pit your Avatar against the best the globe has to offer on a platform, in the air and, most spectacularly, underwater.



MORTAL KOMBAT X

OUT April 14th ON Windows, PlayStations 3 & 4, Xbox 360 & Xbox One

The fighting series is back after being KO'd for four years. It returns with the most brutal fatalities we've seen so far, and the new range of killer moves makes this perfect for newcomers and veterans of the classic one-on-one beat 'em up. All together now: "FINISH HIM!"



PROJECT CARS

OUT April 2nd ON Xbox One, PlayStation 4 & PC

More than 65 drivable motors, 52 race tracks and more motorsport modes than Lewis Hamilton has diamond earrings - this is the Bugatti Veyron of racing games. You may want to stock up on supplies though - some of the tournaments and events take days to complete and include intricacies such as changes in weather and lighting.



"Adults who were in open relationships turned out to be happier, healthier and more sexually active"

CONSENTING ADULTERERS

Erotic expert **Tracey Cox** analyses the pros and cons of 'CNM' relationships*.

Like it or not – and plenty won't – we are in the midst of a worldwide social, cultural and sexual evolution. It's a lot to be arsed about to be honest. First, a highly reputable study in the notoriously prudish US found up to 40 per cent of men and 25 per cent of women in monogamous relationships would switch to a 'CNM' (Consensual Non-Monogamous) relationship if it was considered 'normal'.

Next, results from UK online dating app Twoo survey suggested roughly half of all Brits would consider getting an open relationship going.

And a study published a few months ago in the Sexual And Relationship Therapy journal reached this conclusion: older adults in open relationships were happier, healthier and more sexually active than those of a similar age in steady and 'normal' relationships.

So, not only are a growing number of westerners rejecting the traditional model of monogamy, they're happier than the rest of us when they do it.

However, ponder hard before you start to think being given the nod from your partner to openly 'cheat' is some kind of sexual promised land.

To do it properly, you're likely going to have to face sitting down and hammering out a bunch of rules.

Then there's the hiring of hotels, use of spare rooms, digital diarising – and, for married folk – deciding who's going to look after the nipper(s) while one of you is out on their designated 'affair night'.

In other words, it can be knacker.

It is always massively idealistic to think monogamy was ever going to be the perfect solution for the human race.

There's no such thing as a one-size-fits-all model for anything, let alone something as complex and complicated as sexuality and love.

We're all unique with different tastes in everything from clothes and food to cars, houses and travel destinations.

Yet, weirdly, we seem obsessed with finding 'The One' with whom we think we can reconcile spending the rest of our lives. The truth is, just as one person climbs into the warm, secure lap of monogamy or marriage, snuggling and snuffling with contentment, another person frantically clambers out of it, suffocating and gasping for air. There have always been rumblings of CNM situations in celebrity circles – perhaps because they have so much choice, so much time apart and so many temptations.

Angelina Jolie for one has said she doubts fidelity is "absolutely essential" for a relationship.

And Will Smith told an interviewer he and his wife could tell each other, "Look, I need to have sex with somebody. I'm not going to do it if you don't approve of it – but please approve of it."

Hollywood multi-millionaires are a different kettle of fish though.

The question is, would you be happier in an open relationship?

And would you really be able to handle the strain of the logistics?

The widespread belief people who aren't

movie stars who are in open relationships are grubby, slightly pervy and less happy than 'truly in love' monogamous couples simply isn't true.

The more research that's done, the less likely it seems that stereotype is true.

A study of 4,000 US adults in CNM relationships compared them to people of the same age who were in more 'usual' partnerships.

The adults in open relationships turned out to be happier, healthier and more sexually active than the general population of a similar age who weren't doing the CNM thing. And the CNM partners had more sex with each other as a result of their choice. Most surprising to researchers was that CNM partnerships made *women* happier – not the men.

Two earlier studies on swingers found, compared to the general population, partner-swappers are much more likely to rate their romantic relationships as 'very happy' and their lives as 'happy, vibrant and exciting'.

Pro-monogamists can't possibly cling to the adage that being sexually faithful is our 'natural state'.

Some women (including me) know it's idealistic to expect one person will satisfy you sexually and emotionally for life. But most females will still want to give it a bash anyway because deep down they want to believe that 'true' love exists.

Monogamy suits me at my age and stage but that's not to say CNM isn't right for you or your partner.

Decide for yourself by weighing up these relationship options.

* That's Consensual Non-Monogamous – or being able to shag whoever you like with no consequences.

TRYSEXUAL
Angelina Jolie
doubts fidelity
is "absolutely
essential."

MONOGAMY

WHAT You only have sex and intimate contact with your partner.

PROS It's the archetypal female choice and is the 'norm' so it feels comfortable for most people and seems to offer stability and security.

CONS It's not nicknamed 'monotony' for nothing. It is possible to have great long-term sex but you're fighting nature all the way. Long-term monogamous relationships kill the libido for both men and women – it's to do with biology and hormones. So even being married to Rosie Huntington-Whiteley or Jamie Dornan isn't going to stop that. "The sexually monogamous husband of the hottest woman on earth will start to lose interest at a certain point," says Christopher Ryan, a US specialist in evolutionary sex.

MONOGAMISH

WHAT This is a term coined by US sex writer Dan Savage to describe couples who are primarily monogamous but allow certain sexual contact with others. You might decide one night stands are allowed, for example, but repeat sessions with the same person are barred. More usual is an 'understanding' that it's likely you're both going to slip up under certain circumstances at some point and it would be forgiven.

PROS This is an increasingly common solution to balancing the pros and cons of monogamy. It shows a desire to do the 'right thing' but also allows for error.

CONS You need to be mature and secure to get your head around this. If you're the

jealous types, you won't be able to resist constantly checking to see if anything has happened with others. It also requires a high level of trust to accept your partner will only use the clause as a last resort.

CNM

WHAT As we know, it is basically the mutual agreement between a couple that they can 'cheat' on the other – as long as they're open about it. It's different from swinging as that's usually done in front of your partner.

PROS If you're highly sexed, not in the slightest bit possessive and enjoy multiple partners, this is probably your idea of sexual nirvana. It's usually chosen by couples with high libidos and open minds. You get the security of having a long-term partner but the freedom to enjoy the thrill of new partners. Couples who don't believe in 'owning' each other tend to opt for this one.

CONS Most people are black and white about 'open' relationships and feel strongly one way or another. Often, one partner wants this type of relationship while the other wants monogamy but agrees to it simply because they know their partner will leave if they don't.

'OPEN' & 'CLOSED' SWINGING

WHAT You both have sex with other people, either in front of each other (open) or privately (closed.)

PROS For couples who are perfectly happy with one partner but crave sexual variety, this is a better fit than CNM relationships. You're sleeping with others but generally

in a controlled environment since you usually do it together. Some people see it as an 'honest' way to sleep around.

CONS The fantasy and the reality are worlds apart. It sounds great in theory but it's harder to separate hearts and parts than you think.

LONG-STANDING POLYAMORY AND POLYGAMY

WHAT These are couples who have more than one long-standing sexual and romantic relationship, with each situation openly known about and often given equal importance. The difference between this and CNM relationships is that it involves falling romantically in love with others as well as having sex with them. Sometimes different households with children are operating at the same time. Polygamy means you're married to more than one of these people.

PROS If you've ever seen the US series Big Love about a Mormon family you'll have more than a clue what goes on here. It appeals to people who feel stifled by 'just' one partner but don't want the 'shag-who-you-like' part of CNM relationships.

CONS As poor old Bill from Big Love can testify, if you think it's hard keeping one partner happy, try juggling three or four at once. Also, since you're sleeping with the same people over and over, the desensitisation that happens during monogamy can happen here too. **W**

COME OFF IT

How to tackle premature ejaculation - fast.

Men used to be told to count backwards from 500 if they were too quick off the mark, but it turns out distraction doesn't work that well when you're trying to hold off. What works is to do the opposite: focus intently on how you're feeling until you know your orgasm so well you'll know exactly how close you are to ejaculating at any point.

My non-medicated, non-pill, non-delay cream recommendation is to use a simple technique called 'peaking' during masturbation sessions to train yourself to hold off when it comes time for the main event. Whenever you feel yourself losing control and about to ejaculate, either stop touching yourself completely or do it softer and slower until you feel in control again. Practise bringing yourself almost to the point of orgasm, then stop or slow down until you feel in control, as many times as you can in each solo sex session. The more times you do this, the better you'll know your orgasm and the more in control you'll be.

Download Tracey Cox's free app Edge Stamina that teaches you how to 'peak' from itunes.apple.com.



AGONY AUNT

Julie Burchill

On Plushy sex, sleeping with your boss and hypochondria.

“Plushies – those attracted to soft toys, or people dressed as soft toys – are a much neglected group who should stand up and be laughed at. Sorry, counted”

Dear Aunt Julie,

Ever since I was a little boy I've treasured my teddy bear, Benedict. I've taken him everywhere with me throughout the years and thanks to *Brideshead Revisited*, where Lord Sebastian Flyte always carried around his bear Aloysius, I've passed it off as a foppish affectation rather than a tragic attachment. He's always been beside me in bed, even when I'm having sex. So far, girls have been fine with that. But my new girlfriend doesn't want Benedict in bed with us. And, for the first time, with B stashed away brutally in the wardrobe, I just cannot perform. My girlfriend is now telling me I have serious 'issues' to do with sexuality, and has even accused me of being a 'Plushy'. I was horrified when I Googled it, but last night I dreamt I was having sex with B – and it was wonderful. Is this normal?

Guy, Brighton

Dear Soft Touch,

Plushies – those attracted to soft toys, or people dressed as soft toys – are a much neglected and marginalised group, and I've long felt that they should stand up and be laughed at. (Sorry, COUNTED, alongside the LGBT community and the BDSM community and the IFMC (I Fuck My Car) community.)

Of course, there will always be dinosaurs who believe what you do in bed is a small part of your identity, and certainly not political. There may also be those who opine the creation of all these sex-preference-based 'communities' is one of capitalism's cleverest ruses. So, instead of doing all that BORING political stuff like knocking on doors and sitting in draughty meetings, you get to identify politically

according to what kind of sex you like, and while you're screwing merrily away, The Man is screwing you too.

Big drinks all round!

Luckily, quite a few broads appear to be Plushies too, so why not cut to the chase and find yourself one of them? Imagine the cosy foursomes you could have.

Dear Aunt Julie,

My mates are getting into class-A drugs in quite a big way. I like a dabble every now and then but it's taking over our social life. Shall I talk to them or avoid that lot and find new friends?

Joseph, London

Dear Dabblor,

The drug experience is different for everyone. I've known people who've taken shedloads of cocaine (supposedly a hard drug) while maintaining good marriages, careers and friendships. I've also known people who simply smoked dope (supposedly a soft drug) and saw their lives crumble to dust.

Drugs are meant to make life bigger and more fun. When they start making life smaller and more miserable, it's generally a good idea to swerve them.

Dear Aunt Julie,

I have two girlfriends and I am now considering a third. Am I a bad bloke or a good multi-tasker?

Liam, Exeter

Dear Dream Lover,

It's funny you should say that, as I was thinking the same about unicorns the other day. Is it greedy to have a pair of pet ones, and yet want a third?

Seriously, good luck to you. It's more



GET STUFFED
Aunt Julie reckons
Plushies shouldn't be
dismissed as pervers.

sensible, physically, for women to have multiple playmates rather than the other way around. But if you've got the stamina, go for it. Nobody ever regrets having had too much sex on their deathbed – unless they're dying of a sexually transmitted disease, of course.

Dear Aunt Julie,

I have been sleeping with my boss for the past nine months. She's married and I'm in love. Her husband (and our colleagues) have found out and now she's ceased all contact. I am devastated and haven't been into work for two weeks after being signed off sick. How do I win her back?

Tom, Bath

Dear Third Wheel,

Married women, eh! A heady drug indeed, I hear. Prevented by circumstance from giving you their "all", their limited availability and jealousy-inducing likeliness to still be having sex with their husbands will drive a poor boy (or girl) nuts every time. Maybe you're just too

available? It's never the best look. Can't you just find someone you like well enough and marry them? Ask Mrs Married to the wedding and I bet she'll be gagging for it before the cake's cut.

Dear Aunt Julie,

I have some friends with cancer and now I'm paranoid about getting terminally ill. I am starting to think about it constantly so it's affecting everything. I feel selfish as I think I'm relatively healthy.

Ryan, Swansea

Dear Doctor Botherer,

I was very close to someone like this, and in the end I had to distance myself from them as, to be honest, it just got so tiring. In my opinion, the main reason why people become hypochondriacs are: a) they are bored with their lives, b) it's a way of getting attention when you're lacking in the qualities (achievement, attractiveness etc) for which people get attention and c) to put off the 'scary' (for some soppy procrastinators) business of having to decide what to do with the rest of your life.

I know people are generally advised to exercise in situations like these, but I believe that exercise, if you're already unstable and aimless, can become yet another way to beat yourself up and avoid real life. So VOLUNTEER, VOLUNTEER, VOLUNTEER! You'll see how lucky you are, you'll get attention for doing something worthwhile and you can put it on your CV, hence making the future more likely to be bright. And, as a friend has it, "You can meet loads of really fit Christian girls."

Dear Aunt Julie,

My wife keeps having a go at me for being too materialistic but I like having nice things. We're not on big wages (I'm a junior designer and she's a teacher) but I'd rather go for a good meal and on nice holidays than save cash for a rainy day. Is she right? Should I rein it in?

Lance, Nottingham

Dear Material Boy,

A brilliant new book called *Stuffocation: Living More With Less* by James Wallman is very convincing in making a case for spending on experiences (such as nights out and holidays) over actual things. It's a choice that isn't just about different forms of hedonism, Wallman believes, but an indicator of our present and future levels of mental health and happiness.

Your letter is a little puzzling as one moment you're talking about 'nice things' (I must say the somewhat fruity phrase, along with your given name, made me smirk a bit) and the next you're talking about experiences.

You really are just one of those people who likes to throw their money about like a sailor on shore leave, aren't you?

And good luck to you, I say!

I've always believed stinginess is the halitosis of the soul, and being surrounded for most of my life by freeloaders who wouldn't give you the scab off their sore has strengthened this impression. If someone is mean with money, they're likely to be boring company and bad in bed to boot.

So fill your boots, Lance, and try to feel pity for those who will never know the cheap thrill of profligacy. There's a Daphne du Maurier story called *The Blue Lenses* in which the unfortunate heroine starts seeing people wearing animal heads that reflect their personality – so flirts are kittens, busybodies are terriers, and so on. When I come across a stingy person these days, I can't help but envision them with the head of a dung beetle – it makes it quite hard not to laugh at them. ☹

EMAIL julieburchill@loaded.co.uk

VILLAIN VEHICLE 001

JAGUAR C-X75 HYPERCAR?

Spectre isn't the first time a Bond baddie will be seen piloting a hot-hued Jag. In 2002's *Die Another Day* an angry Korean chap with nasty facial wounds had an ice-driving XKR convertible. Equipped with 18 heat-seeking missiles, mortar bombs and a Gatling gun, it was arguably a better machine than Brosnan's Aston Martin Vanquish. History looks to repeat itself with the C-X75 in *Spectre*. It's an eye-popping concept from 2010 that was slated for limited production and then cruelly shelved in 2012. Seven Jag C-X75's were built for the *Spectre* set in Oxfordshire by Williams Advanced Engineering (a different arm of Williams F1.) It will be finished in a specific metallic



orange, as above. Because of the demands of filming, only two of the motors are the original concept hybrids, which feature four 195bhp electric motors charged by micro gas turbines. The other five gloriously Tango-hued C-X75s will feature a more conventional powertrain borrowed from the fast Jag parts bin: a 5.0-litre 503bhp supercharged V8 engine.

TECH SPEC

ENGINE 4 x 195bhp electric motors with micro gas turbines or 5.0-litre supercharged V8.
POWER 800+hp or 503bhp. SPEED 205 mph or 155 mph. 0-62MPH IN 3.4 seconds.
WALLET DAMAGE £700-900,000.

Yes, **Mr Bond**, we'd always expected you'd be driving an Aston in the new 007 flick. But what about the villains' vehicles? We get under the hood of the trio of British muscle motors Bond's new baddies will take to the limit in *Spectre*.

IN SPECTRE'S



The 24th James Bond epic is still being shot as you read this. And the expectations for the motors in Spectre are as high as a skyscraper tightrope walk

Loaded can reveal the new movie will deliver on that front.

Not many details are known about Spectre's plot beyond the fact that Daniel Craig will battle nemesis Franz Oberhauser, played by Christoph Waltz, whose henchmen include former MMA fighter turned Guardian Of The Galaxy actor Dave Bautista.

In last month's Loaded, we interviewed new Bond girl Léa Seydoux - who told us she'll be bringing her "dark side" to her role. Monica Bellucci, who will be joining Seydoux in Spectre, told us she would be making sure she was seen as a mature "Bond woman".

Enough about the human stars.

The real highlight of the Bond flicks is always - always - the gear.

Craig will be at the wheel of an exclusive, never-going-to-be-for-sale Aston Martin DB10 concept car in Spectre.

But he'll be up against a brace of all-British vehicles that will act as the fleet driven by his enemies.

Craig's foes are part of the titular organisation SPECTRE (Special Executive For Counter-Intelligence, Terrorism, Revenge And Extortion) - a group originally led by cat-stroking Bond baddie Ernst Stavro Blofeld.

And just as Bautista adds his intimidating physique to proceedings as one of SPECTRE's enforcers, the group has a souped-up bunch of equally bruising vehicles behind them.

To produce them, Bond bosses turned to the supergroup of super-vehicle production. For those who don't know, Jaguar Land Rover Automotive PLC designs, develops and manufactures Jags, Land Rovers and Range Rovers.

They have long been building fast models, but now things are moving into

an even more serious direction, with a dedicated department turning out motors tailored for the pinnacle of performance.

Jag Land Rover's SVO (Special Vehicle Operations) HQ is a real-life Q Branch, concerned with producing motors individualised by each customer. The end products of the SVO branch twist the dial to 'extreme' and wring out more power from engines.

It was this department Bond bosses turned to produce the trio of Bond villains' fleet - from the Jag C-X75 to the Range Rover Sport and Defender Bigfoot. ¹⁰



BADGETS



VILLAIN VEHICLE 002

RANGE ROVER SPORT SVR

Opulent luxury meets brute force as the first official Jag Land Rover model to wear the SVR badge becomes the fastest, most powerful Range Rover yet.

Spectre's car-chase scenes are reportedly focused on two countries: Rome in Italy and the mountains of Austria.

Before filming was due to start a bunch of vehicles made for the movie were stolen from a secure pound in Dusseldorf, Germany. Nine of the motors are still missing, thought to be worth £630,000. Five of the stolen vehicles were Range Rover Sports.

It seems confusing to many as to why you'd want a devastatingly swift high-rise Sport Utility Vehicle, but the market has proven to be hungry for them - just count how many Cayenne Turbos you see every week on the roads.

The Range Rover Sport SVR is the first official Jag Land Rover model to bear the SVR badge, which marks it out as a model designed by Jag Land Rover's Special Vehicle Operations department.

It's the fastest, most powerful Range Rover to date. The Range Sport SVR has pilfered the lap record for production SUVs from Porsche's Cayenne at the Nürburgring motorsports complex in Germany. The aluminium chassis has

undoubtedly been stiffened up, with revised air suspension, adaptive dampers and (crucially) a system called Active Roll Control, which replaces anti-roll bars.

Jag Land Rover's SVO has massaged an additional 39bhp and

41lbft from the supercharged 5.0-litre V8 motor, which brings home a 0-62 mph dash in 4.7 seconds and a high-speed of around 162mph.

It uses an eight-speed paddleshift auto gearbox (tuned for 50 per cent quicker shifts than other Range Rover models, with a throttle blip on the downshift.)

This model also boasts 22-inch rims

wrapped in 295 Continental SportContact 5 tyres. Or if, like the Spectre villains will be, you wish to drive off-piste, then 21-inch rims are available with all-terrain treads. Despite its road performance, the SVR is still an off-road beast, with the ability to tow three tonnes and wade through 0.85 metres of water. You'll distinguish an SVR from other SUVs by a series of design changes to the front bumper. This version allows for larger air intakes and has a new grille, flared wheel arches, quad exhausts and a tail spoiler.

The cabin features four race seats borrowed from the Jaguar F-type R range, with the option of carbon fibre in various nooks and crannies (including on the engine cover.)

If you want to drive like a Bond villain, you can order one and have it tailored.

My SVO insider confirms details including the LED lightbars (that are going to feature in Spectre) will be available.

TECH SPEC

ENGINE 5.0-litre supercharged alloy V8, 8-speed paddleshift auto, 4x4. POWER 542bhp / 501lbft. SPEED 162mph (electronically limited.) 0-62MPH IN Don't ask - not fast. WALLET DAMAGE From £93,450.

DEFENDER BIGFOOT



VILLAIN VEHICLE 003

The trusty Defender bows out in beefed-up, musclebound style as it's pushed to its design limit.

The trusty Defender starred in *Skyfall*, and returns again in *Spectre* – albeit in a musclebound Batman-suited guise.

With 2015 being the final year of Land Rover's iconic Defender as we know it, the Jag Land Rover SVO department is making sure the outgoing English dinosaur is pushed to the limit.

Nicknamed 'Bigfoot' because of its 38-inch balloon tyres, this is the lumberjack shirt and combat trousers version of the off-road world (compared to the Prada jacket and Piloti race shoes style of the Range Sport SVRs.)

My SVO spy maintains all of the parts in this Defender are available as off-shelf accessories from dealers – which means folk like you and I will be able to have replicas built.

Seen briefly in leaked behind-the-scenes videos of *Spectre*, we can see the Bigfoots will rumble over Austrian mountains in the movie. Dominating the outer bodywork is an exo-skeleton-style roll cage and roof rack with the obligatory gang of LED spotlights. The biggest changes to Bigfoot have been made to the steering and suspension in order to accommodate the huge mud/snow tyres. Extra-long travel shocks, heavy duty steering track rods, a high-rise winch/bumper and pneumatically operating differential locks are attached to a reinforced chassis with plenty of underbody smash guards.

Bigfoot won't be fast, but it will drive over anything. Hard.

TECH SPEC

ENGINE 2.2-litre diesel turbo.
POWER 122bhp. TOP SPEED Don't ask – it won't be quick. 0-62MPH IN 20 seconds (estimated.)
WALLET DAMAGE From £23,000.



... THEN THERE'S MR BOND'S CAR ASTON MARTIN DB10

We know Danny Boy will be behind the wheel of an Aston again, but not a classic one as in *Skyfall*. Nor will it be one available to buy, because Aston assures us the DB10 in *Spectre* is a special concept car specifically produced for two purposes – to star in the movie and to showcase Aston's new design language for the forthcoming production models.

A couple of months ago on these pages I told how Bond's DB10 Aston was going to employ aerodynamic technology to make it nipper, and this month I have more details.

It's called the DB10 simply because just 10 will be made – all of which are to be used on the set of *Spectre*.

Its appearance in the film marks a 50-year partnership between Bond and Aston, which began in 1964's *Goldfinger*.

At the unveiling of the car at a *Spectre* Press conference late last year director Sam Mendes announced, "We have worked together to design this new car. It is a thing of real beauty."

It certainly is.

The Aston DB10 team was led by the brand's Chief Creative Officer Marek Reichman. Creating the ultimate car for the world's most famous (least secret) secret agent was no easy task.

Reichman said, "Sam Mendes wanted this to be the poster car for every boy who watches James Bond for the first time."

It looks like a shark. A beautiful,

deadly shark with a hint of the Jaguar F-Type. Beneath the skin (which will probably be entirely carbon fibre) the DB10 importantly models new lightweight aluminium architecture.

It features sharper, stronger creases and a stockier back end. The recognisable Aston grille has been made wider and lower, with radical sharper head and tail lights.

It will be the first Aston to carry a V8 turbo engine made by Mercedes AMG. The DB10 features a 4.7-litre V8 from Aston's back catalogue but with "something there you won't expect" according to Reichman. He added,

"We want to focus on what James Bond's hands are doing."

The secret agent is probably not going to be seen shuffling his iPod while driving.

And Reichman is probably not talking about the classic red

booster button being included that we can watch Bond pressing.

The fact they want a car that will enable us to focus on Bond's hands is probably a hint this will be capable of being programmed to drive itself, giving 007 time to do plenty of other things with his hands.

Stay tuned for more on this motor – I'll be keeping a close eye on it until *Spectre*'s November release.

"IT'S A POSTER CAR FOR BOYS WHO WATCH BOND FOR THE FIRST TIME"

TECH SPEC

ENGINE 4.7-litre V8, rear-wheel drive.
POWER 430bhp (estimated.)
TOP SPEED 190mph. 0-62MPH IN 4.5 seconds (estimated.) WALLET DAMAGE \$700,000



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FASHION
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THE INTERVIEW
Goldenballs' Guide
To Wearing It
Like Beckham.

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THE SUMMER CHECKLIST

AS THE TEMPERATURE TENTATIVELY TIPS INTO DOUBLE-DIGITS YOU'LL NEED TO THAW OUT YOUR FREEZE-FRIENDLY WARDROBE. BUT SUN, SEA AND STYLE DON'T COME EASY TO BRITS, SO WE'VE TAKEN OUT THE HARD WORK FOR YOU.

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- 02 WATCH
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- 04 BLUE TROUSERS
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- 05 CHECK TROUSERS
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MODERN ESSENTIALS
AT H&M
- 06 TRILBY HAT
£30
FRENCH CONNECTION
- 07 SUNGLASSES
£410
THOM BROWNE
AT MR PORTER
- 08 SLIDERS
£590 GIVENCHY



06



07

08



04

01
CREAM SHIRT
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JOHN LEWIS & CO.

02
CHECKED SHIRT
£175
JOSEPH

03
MARGIELA
BACKPACK
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04
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MCQUEEN
SWIMMING SHORTS
£90
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PORTER

06
PALE PINK SHORTS
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07
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HOLDER
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08
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09
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£185 RAG & BONE

10
ROUND FRAME
SUNGLASSES
£122
RAY-BAN AT
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03

01



02



04



BURBERRY
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05



06



08



09



10



07



01
BOMBER JACKET
£395
WHISTLES

01



02
BLACK SHORTS
£19.99
ZARA

02



03
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03



04
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£9.99
MODERN
ESSENTIALS, H&M

05
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T-SHIRT
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ESSENTIALS,
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08
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GREY FRAME

09
LONG LINE T-SHIRT
£14
ASOS

10
STRIPE TOP
£22
RIVER ISLAND

**LOU
DALTON**



04



05



06



07



08



09



10



THE EDIT

BIGGER, BADDER, BOLDER - THAT'S THE ORDER OF THE DAY FOR THE SUMMER PRINTS THAT WILL BE PACKING A PUNCH. MIX THESE 12 MUST-HAVES WITH MINIMAL STAPLES FOR A CONTRAST LOOK WITH BITE.

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SHOES
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A WHOLE NEW BALL GAME

Brand it like Beckham. Spend it like Beckham. And wear it like Beckham. Three things most men wish they could do. And something H&M are cashing in on. Becks has a new capsule collection for the clothing chain, curated by the man himself and designed to give punters a slice of his style. Beckham exclusively tells Loaded about forgetting fashion fads, building a wardrobe around timeless items and why he loves the style on display in The Hustler and 007 movies.

LOADED How did your latest collaboration with H&M come about following the Bodywear range?

DAVID BECKHAM I've had such a great time working with H&M since I exclusively launched David Beckham Bodywear with them in 2012. The success of the Bodywear has been overwhelming for me. From the beginning we've always done more than underwear in the range, and I've really enjoyed creating pieces like our Henley T's or the lounge sweatpants. When H&M asked me to select my favourite pieces from their Modern Essentials collection it felt like a natural extension of our relationship. It was great to go through the collection and pick the pieces that I wanted to wear, which I knew would also help men look their best.

LD What were you looking for when you selected the pieces for the collection?

DB I love to wear new classics and pieces that are like a new update on the traditions of menswear. When I was making my selection from the Modern Essentials range, I was looking for pieces that were both familiar and also fresh.

I wanted the cut to be just right and the fabric to be a pleasure to wear. I didn't want any fuss or extra details – the pieces had to have an honesty about them. In the end it's about the clothes that men respond to with a natural instinct.

LD Can you talk us through your favourite items and how they should shape shoppers' wardrobes?

DB I wanted the selection to make up a complete wardrobe for men. I love the casual pieces like the linen bomber jacket or the denim jacket that's in chalk-white. There's also the perfect linen blazer, which has a really sharp cut and looks great with either matching trousers or the skinny fit jeans. One of my favourite pieces is the polo shirt, which I'd wear buttoned to the neck. I also had to include a classic white cotton poplin shirt with a neat button-down collar. It's an essential piece that every man should own.


LD How does the collection reflect your own personal style?

DB When I was younger I was known for my experimentation with my look. It was something that I had great fun doing, but as I've gotten older, I've become less about quick-changing fashion and more about long-term style.

Once I started looking at tailoring or classic casual pieces, I realised there was so much to learn about the little details that have stood the test of time. It's amazing how details like the stitching on a denim jacket or the trim on a polo shirt still look so modern and relevant today.

I'm really proud of the pieces I've selected from the Modern Essentials range, and I hope men around the world will enjoy wearing them as much as I have.

LD Tell me about the shoots and films made by Marc Foster to promote your H&M collection.

DB Filming the campaigns for H&M has become one of the highlights of my year. It's so amazing to get to work with some of the world's most exciting directors, creating these films that feel like mini-movies. In the past we've focused on my Bodywear range, but this year is different. I've worked with the director Marc Forster to make a campaign for my selection from the Modern Essentials range, with the action set in a pool hall like one of my favourite movies, *The Hustler*. It was such a pleasure to shoot the campaign with Marc in London. He's an incredible director of films like *World War Z* and one of my favourite James Bond films *Quantum Of Solace*. 





WILLIAM HUNT

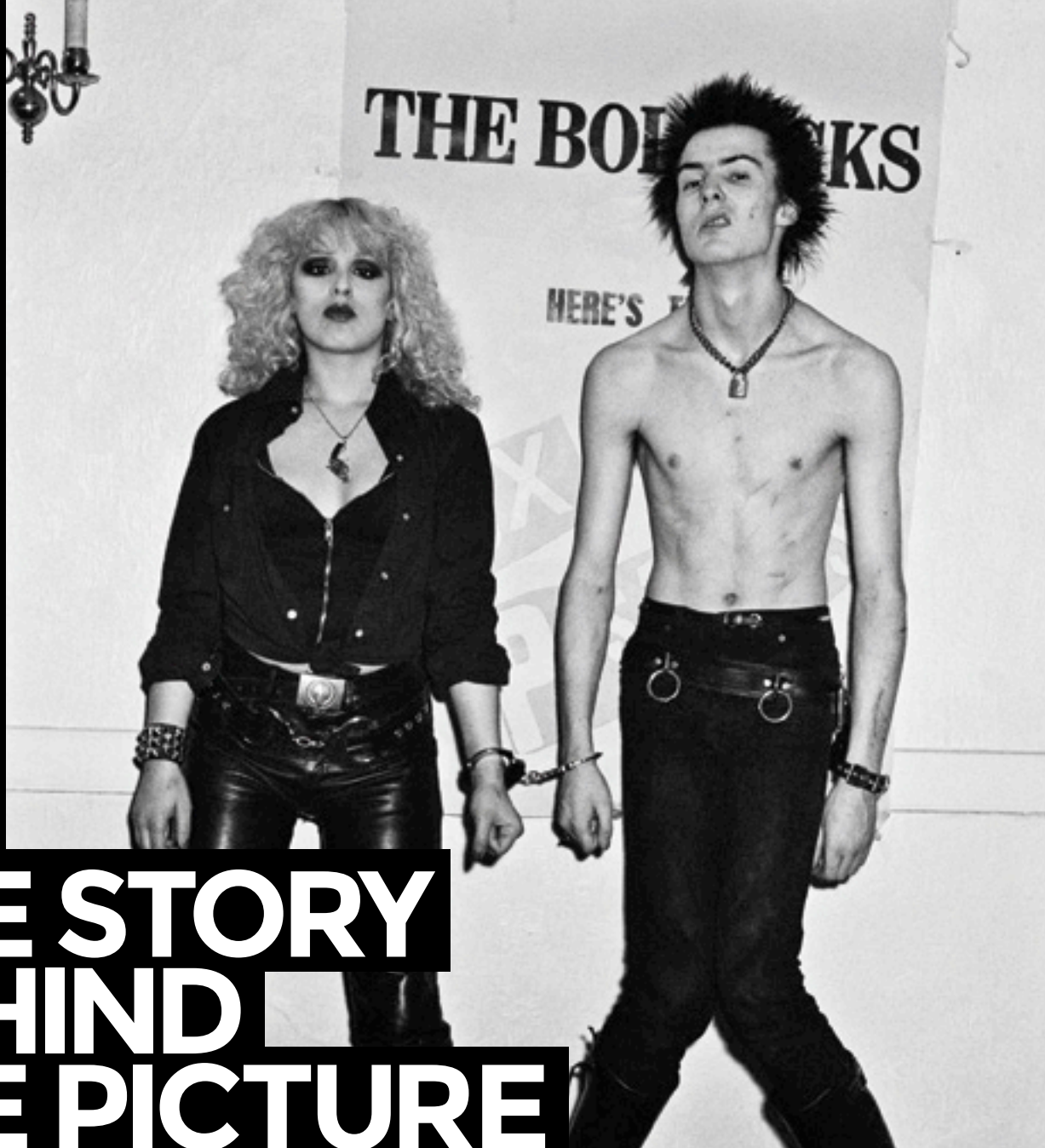
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PHOTOGRAPHER
Steve Emberton
IMAGE
Sid Vicious &
Girlfriend Nancy
Spungen
LOCATION
Maida Vale, London
DATE
January, 1978

THE STORY BEHIND THE PICTURE

“ I was called in to shoot Sid and Nancy, and to be honest I wasn't overly enthusiastic about the idea as I knew all about the Sex Pistols and their behaviour.

I became even less enthusiastic when we turned up at the flat at Maida Vale.

I knocked on the door and nobody came. I knocked again and nothing. I didn't think it was going to happen.

Then I heard some movement and waited and Sid answered the door.

He had trousers on but no top and was holding a bottle of vodka.

It was early afternoon, probably around 1pm. He invited me in and I could see the bedroom door was open. Nancy was in there, and I remember the room was painted black. She came out quite dishevelled and I thought it was going to be disaster of a shoot,

but I was wrong. They were really up for it – very enthusiastic and real posers. We were there a couple of hours in the end.

It just so happened they had a Never Mind The Bollocks poster on the wall so I thought that would make a good backdrop. There was also a white leather sofa that Nancy posed on, and I took pictures of them both playing the guitar.

This was at the height of their alcohol and drug addictions. In some of the photos that have never got published from the shoot, Sid looked absolutely out of his brain. Whether it was because of drugs or drink, who knew – it was a heady mix of everything probably.

They posed in handcuffs for this photo, but they weren't props that had been brought along for the shoot. The cuffs were brought out

“Sid and Nancy posed in handcuffs, but they weren't props brought along for the shoot. The cuffs were brought out from their bedroom”

from their bedroom. As we know, it was downhill after this. They went to the US and only nine months after this picture was taken Nancy was found dead in New York's Hotel Chelsea, with a stab wound in her stomach. Sid was charged with her murder but died of a heroin overdose when he was on bail. That was just over a year after this shoot.

I think it was just all very sad.

People say Nancy was quite a bad influence on Sid, but I think he was just totally obsessed with her.” **10**



A man with dark hair and a light beard is shown from the waist up, wearing a blue double-breasted suit jacket over a light blue and white striped shirt and a dark tie. He is looking directly at the camera with a serious expression. His hands are clasped in front of him, adjusting the buttons of his jacket. A pocket square is visible in his jacket pocket, and a watch with a white face and a dark strap is on his left wrist. The background is a blurred outdoor setting with trees and foliage.

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